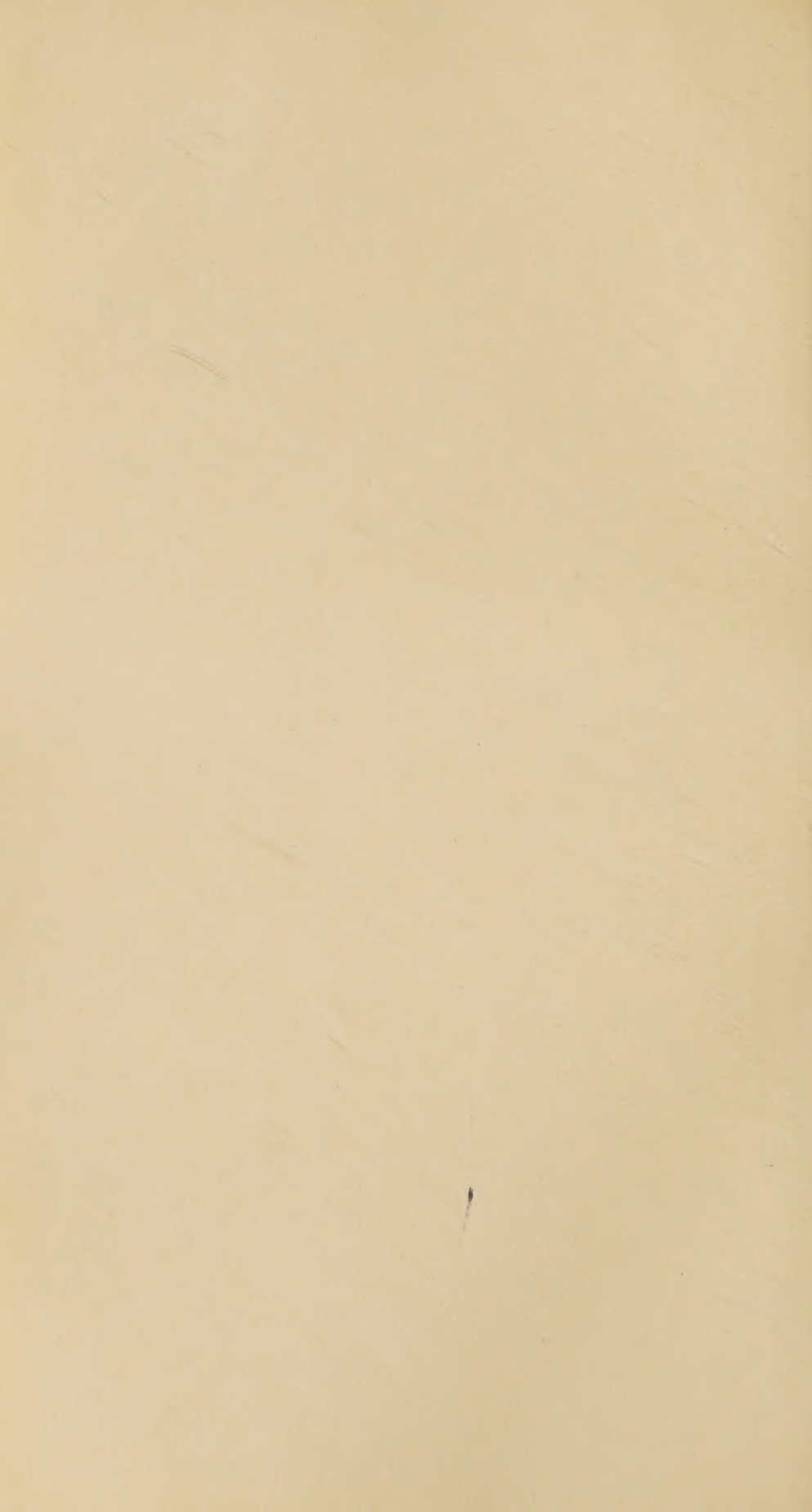






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The BEST and EASIEST

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OF PRESERVING UNINTERRUPTED

H E A L T H

T O

EXTREME OLD AGE:

Established upon the justest Laws of the

ANIMAL OECONOMY,

And confirmed by the

Suffrages of the most celebrated Practitioners

AMONG THE

ANTIENS and MODERNS.

From a MANUSCRIPT found in the Library  
of an Eminent PHYSICIAN lately deceased,

And by him intended as a LEGACY to the World.

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The Best and Easiest  
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 HEALTH  
 TO  
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 And by him intended as a Legacy to the World

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*With this humane and generous View our learned Author, lately deceased, drew up the following Treatise, the Result of many Years Study and Practice; and according to his Intentions (as appear'd upon perusing his Papers after his Death) it is now sent into the World. The Legacy indeed is small, but, if it be made a proper Use of, may prove more valuable than the Treasures of the Indies. Books are not to be estimated by their Bulk, but by the useful Knowledge they convey to Mankind, a great Store of which may be contain'd in a little Compass. And there is this very*

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*This Circumstance our Author seems to have had in View, otherwise he might have enlarged upon his Subject; a Subject which highly concerns the whole Human Race, being that on which their Happiness in this Life almost entirely depends. In what manner the Doctor has treated it, must be left to the Judgment of the Publick; and it would be anticipating the Reader's Pleasure to enter into a Detail on that Head. We wish the Work may meet with a candid Reception, and*

# P R E F A C E.

*its Rules be not only perused but put in Practice; and then we make no Doubt of its producing those happy Effects, which the deceased Author sincerely desired.*



CON-



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The BEST and EASIEST  
M E T H O D  
OF PRESERVING UNINTERRUPTED  
H E A L T H  
To Extreme OLD AGE.

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CHAP. I.

*The Necessity of a laudable MASTICATION  
evinced, together with some Observations  
on the Nature, Qualities, and various  
Uses of the SALIVA.*

**T**HE Antients, from whom we no  
doubt derive our richest and most  
valuable Stores of medicinal Know-  
ledge, justly asserted, that *Mastica-*  
*tion*, which in reality is no more than chewing  
the Food between the Teeth, was so indispen-  
sably necessary to the Preservation of Health,  
and Protraction of Life, that the Person who  
did not perform this simple Office with Care  
B and



and Pains was an Enemy to his own Ease and Happiness. Nor was this Assertion, however ridiculous it may appear to the unthinking Herd of Mankind, destitute of the most powerful and irrefragable Reasons for its Truth, and Importance to the Welfare of the Animal System.

Thus it is certain, from the Evidence of our own Senses, that the Food, when carefully divided into minute Portions by a due Mastication, or Action of the Teeth upon each other, is in a manner transform'd into *Chyle*, that mild and balsamic Liquor, curiously elaborated in the first Organs of Digestion, and wisely destin'd for the Support and Nutrition of all the Parts of the Body. Besides, when this Operation is not duly performed, the Attrition of the Coats of the Stomach on each other is so weak and languid, that it cannot possibly surmount the Cohesion of Parts in the various Substances swallowed; whereas when Aliments are properly chew'd, their Parts are attenuated, and intimately mixed, become more easy of Digestion, and are better fitted for passing through the several Organs of Secretion and Excretion. Hence it is sufficiently obvious, that a careful Mastication is not only universally beneficial, but even absolutely necessary, especially to Persons of a sedentary and inactive Life, hard Students, and Men of Letters, who are generally deprived of the great Advantages arising from due Labour and Exercise. Another Benefit arising from a due Mastication is, that

that by this means the Returns of Hunger are longer prevented than they would otherwise be, since more nutritious Juice must necessarily be extracted from a particular Quantity of Aliments well chew'd, than from the same Quantity devour'd almost whole and untouch'd by the Teeth.

BUT, notwithstanding the various Benefits attending a laudable Mastication, it must be observed, that this alone is not sufficient to answer the several Purposes of Concoction and Digestion, which are also in a great measure promoted by the concurring Assistance of the *Saliva* and Air mixed with our Food in Deglutition. Though some People confound the *Spit* and *Saliva* with each other, by using the Words indiscriminately, yet there are not in Nature two Things more widely different; since the former is generally a viscid and tenacious Substance, expectorated, or thrown up from the Breast by coughing or some other Effort of Nature, to relieve her oppressed Organs; whereas the latter is an highly subtil Fluid, originally secreted from the Blood, into which it is again conveyed, and thence a second time secerned into the Mouth. In consequence of this Preparation, the *Saliva* must necessarily be a Liquor excellently suited to the Nature of the human Body; and we even find experimentally, that when, by the continued Trituration of the Teeth, it is intimately mix'd with Bread, it transforms it into a balsamic chylous Substance,



exquisitely calculated for the various Purposes of Life and Nutrition. It is no doubt absolutely requisite to a perfect State of Health, that all the component Particles of the Chyle, Blood, and other Fluids, should be intimately and in a due Proportion mix'd with each other, so that none of them may flow or circulate in the Vessels by themselves; for if the saline Particles were disengaged from those of the oleous Kind, they would by their hot and corrosive Quality destroy the minute and capillary Vessels. The oleous Parts on the contrary, if separated from the others, would render the Ducts and Vessels impervious to aqueous Fluids; and the Lymph alone, deserting all the larger Arteries and Veins, would retire into the capillary Vessels. This Doctrine may be not only farther illustrated, but also render'd obvious to our Senses, by an Experiment which every one has it in his Power to try; for a linen Cloth, previously immersed in Water, will by no means transmit Oil through its Pores; whereas when it is before well rubb'd with Soap, all oleous Fluids readily make their way through it. This shews us, that the more pinguious and oleous Parts of our Aliments would by no means enter the minute Orifices of the Lacteals, if they were not intimately blended and incorporated with the *Saliva* and other Fluids of a saponaceous, attenuating, and diluting Nature. Hence it is easy to conceive, how injurious fat Aliments would be to the Constitution, if they were

were not, during the Course of Digestion; blended with other Substances proper to correct and remove their Viscidity. This End is answer'd by the *Saliva*, since by its means, and a proper Mastication, Butter, Hams, and other pinguious Substances, afford a sweet, limpid, and nutritious Chyle, as we may easily infer from the good Health generally enjoyed by the *Hollanders* and *Germans*. In eating Aliments of this Kind, the most judicious Physicians recommend the Use of Sea-Biscuit, which on account of its Hardness requires a strong and elaborate Mastication.

FROM this Account of the *Saliva* and its various Uses we may justly conclude, that too copious Evacuations of it are highly injurious to Health, as they destroy one of the principal Causes of Hunger and Digestion. Besides, the Chyle, and consequently the Blood, are possess'd of the worse Qualities for being deprived of this saponaceous and diluting Liquor. This has been confirmed by Experience, in several Persons who have made it their constant Custom to chew *Mastick*, which procures a copious Discharge of the *Saliva*. Hence we are also in some measure enabled to form a Judgment of the pernicious Tendency of chewing and smoaking Tobacco, which not only produce the same Effect, but also create such a Thirst as to occasion immoderate Drinking, which destroys the Tone of the Stomach, and induces an universal ill Habit of Body. It is universally con-



feſſed, that ſmoaking Tobacco is prejudicial to lean and hypochondriac Perſons, by deſtroying their Appetite and weakening their Diſeſtion; but ſome think it beneficial to Men of phlegmatic Conſtitutions. When Tobacco was firſt brought into Faſhion, and the fooliſh Cuſtom introduced into the *French* Court of chewing Lozenges prepared of Wax, Cardamoms, and other aromatic Subſtances, it was obſerved, that the Number of hypochondriac and conſumptive Perſons was greatly augmented. The wiſe and bountiful Author of Nature has deſtined every Part of the Creation for ſome valuable End: As the *Saliva* then is only ſeparated from its proper Glands in large Quantities when we are eating, it muſt therefore be deſigned to promote the Diſſolution and Aſſimilation of our Aliments, and conſequently ought not to be lavishly waſted, but convey'd into the Stomach for farther Service to the Animal Oeconomy. A Patient never complains of the Loſs of Appetite, whiſt his Mouth and Stomach are duly ſupplied with *Saliva*; but that Symptom conſtantly attends a Defect of this Fluid, and it is generally obſerved, that by ſpitting out a large Quantity of *Saliva* in the Morning, the Appetite for Dinner will be generally deſtroyed, whereas if the ſame *Saliva* is ſwallowed, the Perſon is ſufficiently hungry by Noon.

1 THERE are indeed ſome Diſeaſes in which a copious Diſcharge from the ſalivary Glands contributes to the Reſtoration of Health, but the  
Liquor

Liquor secreted on such Occasions is not genuine *Saliva*; and in Salivations with Mercury for the Venereal Disease, the whole Mass of Blood is colliquated, and throws off by the salivary Glands an highly putrid animal Fluid, which has been frequently observed to prove mortal to Dogs and other Animals. In cachectic Dispositions it must be confessed, that *Masticatories* often produce happy Effects, not indeed by promoting a Discharge of the *Saliva*, but by draining off the superfluous and most aqueous Parts of the Blood by the salivary Glands; and a critical Discharge from these Glands has often been found salutary in the Small Pox. The *Saliva*, as appears from its frothing and likewise from Distillation, is an active saponaceous Liquor, and consequently possessed of an attenuating, resolvent, penetrating, and detergent Quality. After long Abstinence it is extremely sharp and copious: It ferments with vegetable Juices, and consequently disposes them to be changed into inflammable Spirits. It is also to be observed, that in the Action of Mastication the *Mucus* is mixed with the Food. This *Mucus* is an Humour distinct from the *Saliva*, and the great Quantity of Air contain'd in it helps to dissolve the Aliments.

BUT we must not in our Account of Digestion forget, what was once thought to be its sole and only Cause, namely, the Action or Grinding of the villous Coats of the Stomach on each other. That such an Operation is actu-



ally performed is sufficiently evident from the Dissection of such Animals as have swallowed Pieces of Metal, since these have been found polished by their Stay in the Stomach. If the Force of this Action is so powerful upon Metals, we may well suppose it to be still more considerable upon Aliments previously chewed and macerated in the Menstruum of the Stomach. This Operation resembles the making of an Emulsion, in which the oleous Parts of particular Seeds and Nuts being gently triturated in a marble Mortar, and gradually mix'd with some aqueous Liquor, are at last reduced to a sweet, thick, turbid, and milky Humour, resembling the Chyle in an animal Body. Some are of Opinion, that in Land Animals the Heat also contributes in some measure to the Dissolution of the Aliments; but whether it is really so or not, we shall not take upon us to determine, since without it Fishes have a very strong and keen Digestion. We have before shewn, that the *Saliva* is a great Dissolvent; and there is a large Quantity of it in the Stomach, being swallowed constantly, at least during Sleep. Besides, in Mastication or Chewing there is so copious a Secretion of it, that he who eats a Pound of Bread swallows along with it the same or perhaps a larger Quantity of *Saliva*. The Liquor of the Stomach, when in a natural and laudable State, is by no means acid, since Pearls have been found to pass through some Persons without being dissolved. The Liquor of the  
Stomach,

Stomach, which with fasting grows extremely sharp, and the quick Sensation of the villous Coat of the Stomach, seem to be the most immediate Causes of Hunger. Those who have, by the habitual and immoderate Use of spirituous Liquors, weaken'd or destroy'd some of the solid Parts of the Stomach, can neither recover a good Appetite, nor a laudable Digestion, for the villous Coat when destroy'd can never be restored; and for this very Reason we often observe, that immoderate Dram-drinkers are generally extenuated, and appear consumptive. The Liquor or Menstruum of the Stomach may, in consequence of a saline Acrimony, acquire such a Quality as is capable of affecting human Creatures with the Appetites of other Animals, and irresistible Propensities to unusual Things, which in that Case they take without being injured by them. The preternatural State of this Liquor may also excite an exorbitant Appetite to usual Aliments, which some Persons will devour in such Quantities as to vomit them up like Dogs; for which Reason this Species of Hunger is among Physicians distinguished by the Epithet *canine*. In the former Case the Organs of Taste are manifestly vitiated; but both Disorders are removed by a Diet opposite to the peculiar predominant Acrimony, whether of the alkaline, acid, or saline Kind. Thirst and Hunger denote the various States of the *Saliva* and Liquor of the Stomach. The former indicates

an Acrimony, which is commonly alcallescent or saline. The Sense of Hunger may be destroyed either by a paralytic State of the Nerves of the Stomach, a depraved Condition of the Liquor it contains, or any viscid, pinguious, and oleous Substance remaining in it. The Stomach by too great Repletion has its Action totally stopp'd, and both its Orifices, by a necessary though curious Mechanism, so closed that they will neither admit nor expel any thing whatever. In this Case Relaxation by diluting Liquors, such as warm Water, seems to be the most safe and proper Expedient for the Relief of the Patient. This wise Piece of Contrivance in the animal Oeconomy shews us, that Man is not originally intended for a Creature that should indulge himself in Gluttony, Luxury, and Intemperance. That the various Functions of the Stomach are depraved and injured may be known by the Pains which afflict it some Hours after Meals; by Eructations or Belchings, which either retain the Taste of the Aliment last eaten, or are acid, nidorose, or fetid, resembling the Taste of rotten Eggs; by Inflations, or a Sense of Fulness; by Sickness, Hiccups, Vomitings, a Flushing of the Countenance, and Foulness of the Tongue. Whatever is the State of the Tongue, the same is that of the internal Coat of the Stomach: But upon the whole it is to be observed, that the Disorders arising from the various Kinds of Acrimony in the Liquor of the Stomach, or other



other Fluids of the Body, are to be cured by a Diet opposite to their respective Natures and Qualities. Thus if the Humour be acid and acrid, this Acidity and Acrimony are to be corrected by a Diet of opposite Qualities, such as Eggs, Flesh and Fish, together with aqueous, pinguious, and oleous Liquors, such as *Canary*, *Spanish Wine*, Mead and Mum. Calmness and Serenity of Mind is also to be strictly enjoined, together with the Use of Absorbents, as Crabs-Eyes and Claws, Coral and Chalk. Happy Effects are in this Case also produced by pinguious Earths, such as *Armenian Bole* and *Japan Earth*. Judicious Physicians also prescribe Filings of Iron rusted and reduced to a fine Powder by Trituration; volatile alkaline Salts, those of the fix'd and lixivial Kind, emollient and oleous Substances, which obtund, and, as it were, blunt the Edge of such Humours. Soft and aqueous Diluents are also found to be of considerable Service.

ON the contrary, when an alkaline Acrimony predominates in the Humours, a different Method is to be taken, for the Diet should consist of Milk and Whey, acid farinaceous Substances, and Fruit. The Drink ought to be thin and acidulated. We ought also to prescribe such Substances as facilitate the Circulation of the Blood, as sharp acid Whey, Butter-milk, Sour-milk, Sorrel, Barberries, Currants, Juice of Lemons, Oranges, *Rhenish Wine*, Vinegar, Cream of Tartar, Tartar of Vitriol, Spirits of Nitre,

Nitre, Salt, Sulphur, and Vitriol, which destroy the acrid alkaline Particles of the human Fluids, by being admitted into their Pores, as is sufficiently evident from various Experiments made by the Chymists.

A SALINE Acrimony of the Humours indicates a Diet entirely without Salt, as aqueous Liquors slightly acidulated, together with emollient and diluting Medicines. In a Word, this saline Acrimony, and the Scurvy arising from it, are best cured by Acids, as Cream of Tartar, Tartar of Vitriol, Spirit of Nitre, and the Juices of Oranges and Lemons. If we cannot discover the particular Species of the Acrimony, the safest Expedient is to dilute powerfully with moderately warm Spring Water, Whey, or Water-Gruel; for all Kinds of Acrimonies are safely diluted and eliminated from the Body by means of Water.

CHAP. II.

*Of the various Kinds of ALIMENTS, the several Sauces or Substances with which they are dress'd, the different Methods of preparing them, and the unspeakable Advantages arising from a moderate Use of them.*

**I**T is universally confess'd, not only by the most skilful and sagacious Physicians, but also by the heedless and unthinking Vulgar, that nothing has a more immediate Influence on our Health, than what we eat and drink. In the primitive Ages, when Virtue, Innocence, and Sobriety were accounted the most peculiar Glories and distinguishing Ornaments of human Nature, the Substances us'd for these Purposes were of the most simple Kind, being only pure Water, and the Fruits spontaneously yielded by the Earth; but in after Ages, when Luxury assum'd the Place of Temperance, this native Simplicity of Diet was discarded, and the Stores, if I may so speak, of universal Nature were ransack'd for Fowls, Fishes, and all the Varieties of animal Food to gratify the Palates of such as were rich and opulent.

CONSIDERING the present State and Condition of the World, there is an absolute Impossibility of redressing this Grievance, so that the  
only



only Expedient left for the Good of Mankind is to point out, which of the various Aliments now most commonly used are most salutary, and which most injurious and prejudicial to the human Constitution; and that we may execute this important Design with the greater Accuracy and Perspicuity, we shall first reduce Aliments to various Classes, and consider the medicinal Effects of each Class on the human Body: *Secondly*, Enquire into the specific Qualities of particular Aliments, whether imported from other Countries, or produced in our own: *Thirdly*, Point out the most salutary Methods of preparing them for particular Purposes: *Fourthly*, Take a View of such Sauces as are most commonly used, in order to render them either more palatable or medicinal: *Fifthly*, Consider the various Natures, Qualities and Effects of such Liquors as are most commonly drank in *Europe*; and *Lastly*, conclude this Part of our Work with a brief Account of the Advantages arising from Temperance, Sobriety, and what is commonly call'd a *Spare Diet*.

|| FIRST then, Aliments are either acid and acescent; 2<sup>dly</sup>, alcalescent; 3<sup>dly</sup>, acrid and aromatic; 4<sup>thly</sup>, viscid and glutinous; 5<sup>thly</sup>, aqueous; 6<sup>thly</sup>, oleaginous and pinguious; 7<sup>thly</sup>, saline; and 8<sup>thly</sup>, spirituous.

As for those then of the acid and acescent Kind, as Summer Fruits, Vinegar, Milk, and Bread, if they are us'd too copiously, they increase the Appetite, but at the same time dissolve

olve the Blood, diminish the Action of the Fluids on the Vessels, impair the natural Heat, and weaken the Force of the Heart and Arteries. Besides, Summer Fruits, by colliquating the Humours, are often found to induce Diarrhoeas, Fevers and Fluxes.

THE *alcalescent* Foods, such as Cabbages, Coleworts, Onions, Leeks, Garlick, Asparagus, and all Sorts of Fleshes and Fishes, if used immoderately, produce an *alkaline* Quality in the human Fluids, and may consequently induce ardent, inflammatory, or putrid Fevers, according to the particular Natures of other incidental and concurring Causes.

ACRID and aromatic Foods, or those highly season'd with Pepper, Nutmeg, Cloves, Ginger, Mustard, Cresses, Thyme, Savory, and Garlick, if indiscreetly used, preternaturally stimulate the Solids, and quicken the Pulses too much, augment the Discharge by insensible Perspiration, hinder the Nutrition, and by that means induce Leanness or Extenuation. They also consume the natural Humidity of the Fibres, inspissate the animal Juices, and bring on Fevers.

VISCID and glutinous Foods are those, which being dissolv'd in Water make a Kind of Paste or tenacious Substance, such as Peas, Rice, Oatmeal, Wheat, most Kinds of Fish, Calves and Sheeps-Foot, and Hartshorn. These, if used to Excess, produce a viscid or glutinous Quality in the Fluids, and thereby induce Obstructions of the

the capillary Vessels, and a Diminution of the natural Excretions, together with their concomitant Disorders.

As for those of the aqueous Kind, such as Water, and Teas of all Sorts, however safe and innocent they are generally thought, yet when us'd to Excess render the Fluids too thin, relax the Fibres of the Vessels, lessen their contractile Force, weaken the Nerves, and induce all the Disorders arising from such Causes, as Palsies, Tremors, and a great many others of the nervous Kind.

As for oleaginous or pinguious Aliments, such as Butter, Oil, fat Fleshes, Seeds, and Kernels of Nuts, which contain an oleous Principle, if used indiscreetly and in large Quantities, they blunt the Appetite, diminish the solvent Quality of the Liquor in the Stomach, and prevent Digestion, by which means Obstructions are form'd in the small Vessels, Nauseas excited, and Inflammations and other Disorders induc'd, not only in the Stomach, but also in various other Parts of the Body.

SALINE Foods, as Hung Beef, Pork, Hams, Tongues, and pickled Herrings, when used to Excess, create Thirst, and produce a saline Acrimony in the Fluids, which prevents a due Nutrition, corrodes the Solids, and induces a scorbutic Habit of Body; so that those who have the Misfortune to be confin'd to Aliments of this Kind, should use Water as their Drink, which dilutes



dilutes the saline Particles, and renders them fit for passing thro' the various Emunctories.

SPIRITUOUS Liquors may be also consider'd | as a Species of Aliment, since they repair the Expence of the Blood and nervous Fluid. All of these, whether Beer, Wine, Brandy, or distill'd Spirits, contain a large Quantity of sulphureous, volatile and oleous Particles, and must consequently destroy the Appetite, and hinder Digestion, by diminishing the Secretion of that Humour, which should excite a Sense of Hunger, and promote the Dissolution or Digestion of the Aliments.

BUT then it is to be carefully observ'd, that || the respective Qualities attending these various Classes of Medicines, are on particular Occasions beneficial, since the fatal Effects they produce only result from their being us'd improperly or in too large Quantities. Thus, for Instance, acid Foods, moderately used, attenuate the Fluids, moderate the vital Heat, and prevent a Redundance of alkaline Humours. Alcalescent Substances, on the contrary, when properly used, prevent a morbid Acidity in the Stomach, and consequently keep the Functions of Concoction and Digestion in good Order. Thus also aromatic or high-season'd Aliments, very moderately used, are so far from being injurious, that they maintain insensible Perspiration, and support the Vigour of the vital, natural, and animal Functions; viscid and glutinous Foods, in like manner, used upon particular

cular Occasions, repair the Expences of the Blood and Waste of the Solids, preserve the flexile State of the Fibres, and allay the Acrimony of the Humours. Aqueous Aliments taken properly, and in a just Quantity, dilute the Fluids, and promote Nutrition, and assist the various Secretions. Oleaginous Foods, used at proper Seasons, prevent the Rigidity of the Fibres, and consequently promote the easy Vibration of the Solids, and due Circulation of the Fluids. Saline Foods, in a due Quantity, and on proper Occasions, incide Viscidities, deterge the Fibres, and moderately stimulate the Solids; and even spirituous Liquors, when taken medicinally, strengthen the Tone of the Solids, and promote the Circulation of the Fluids. But to know the peculiar Circumstances and concurring Causes, which render this or that Species of Food particularly adapted to certain Cases, requires not only a great deal of Thought and Penetration, but even a very considerable Knowledge in Medicine.

THAT the Reader therefore, unaccustom'd to think and reason on medicinal Subjects, may be at no Loss in this Respect, we shall, from what has been said of the various Classes of Aliments, deduce the following practical Rules, which may be depended upon for their salutary Effects.

- II CHILDREN then, who labour under any Acidity in the Stomach, or any of the Fluids, ought principally to live on Broths prepared of Fleashes, and on other alcalescent Foods. Adults, who

who are either disposed to or really labour under an acid Acrimony of the Humours, should live principally on *alcalescent Aliments*. Those Persons who are lean and extenuated, or whose Blood is preternaturally thin and poor, should live much on Foods of the viscid and glutinous Kind. Those whose Fibres are rigid should use oleaginous and aqueous Liquors till that Symptom is removed. Those on the contrary, who have lax Fibres and weak Nerves, should moderately use the glutinous and aromatic Aliments, together with small Quantities of spirituous Liquors at long Intervals. Those whose Misfortune it is, either thro' Choice or Necessity, to lead a sedentary Life, should prudently use *alcalescent Aliments* and spirituous Liquors. Persons who are either subject to Fevers, or a preternatural Inspissation of the Fluids, should live most generally on acid and acescent Foods, using aqueous Liquors as their Drink. Those afflicted with a saline Acrimony of the Humours, or with a Scurvy, ought to use aqueous and diluting Liquors, as being most proper for carrying off the Causes of their respective Disorders. But upon the whole, it is to be carefully observ'd, that, let the original State of any particular Constitution be what it will, yet morbid and preternatural Qualities of the Juices, and all the Train of Diseases consequent thereon, will possibly, or rather necessarily, be induc'd by living too long, and without Interruption, on any one Species or Class of the before-mention'd Aliments.



Aliments. Thus, for Instance, a saline Acrimony of the Fluids must unavoidably be produced by feeding too much on salted Aliments; and this very Circumstance, according to our most sagacious Physicians, is the Reason why the Scurvy prevails so universally, and rages so violently, in the Northern Countries. It is no less obvious that an alkaline Quality of the Humours may be induced, and Fevers of various Kinds brought on, by a long and immoderate Use of alcalescent Foods. The same Observation holds true with respect to all the other Classes of Aliments; for it is a Maxim founded on the Principles of common Sense, as well as those of Medicine, that such as the Qualities of those Aliments which are long used are, such will the Nature and Condition of the human Fluids be.

WE now proceed to the second Thing proposed, which was to enquire into the specific Qualities of particular Aliments, whether imported from other Countries, or produced in our own. But as, in an Enquiry of this Nature, it would be both endless and useless to consider every Substance which either Caprice, Whim, or mistaken Notions have introduced into the Class of Aliments, we shall confine ourselves to those most commonly used, beginning with

### B A R L E Y.

THIS is a Grain so well known, that it would be ridiculous to attempt a Description of it.

It

## *of preserving* HEALTH. 21

It is deterfive, cooling, emollient, and nutritive. A Decoction of it is highly beneficial in all Kinds of Fevers and inflammatory Disorders, since it allays Thirst, and obtunds Acrimony. A weak Broth prepared of Barley is justly accounted a laudable Diet in acute Disorders. In Bread it is far more laxative than Wheat, and for that Reason recommended to corpulent Persons for reducing them to a moderate Size, by deterging the secretory Passages, and eliminating the Redundance of Humours.

### RICE.

THIS is also a well-known Grain, so much esteemed in some Parts of the World, that it is the only Corn they use. It is no less universally than justly allowed to be salutary, nutritive, corroborating, and astringent; in consequence of which Qualities it is accounted highly proper for those subject to Lienteries, Fluxes, and Consumptions.

### SAGO.

THIS is a small granulated Substance, of a whitish brown Colour, of little or no Smell or Taste, and said to be obtain'd from the inward Pith of a particular Species of Palm-tree. It is nourishing, light, and restorative, and for these Reasons recommended to the Use of such as are weakly and consumptive, those who are recovering from Fits of Sickness, and those who have their Strength exhausted by long-protracted

protracted Fluxes, and Loofenesses of any Kind.

### WHEAT *and* RYE.

THIS is not only the most generally used, but also accounted the best Grain we have in *England*; and the Bread which is made from the Flour of it is more palatable and nourishing than that made of any other Grain. It is chiefly used for Aliment, seldom in Medicine; though when boil'd in Milk, and made into a Poultrice, it gives Ease to Pains, and ripens Swellings. The Bran is sometimes put in Bags, and applied hot, for Pains in the Sides, with Success. Rye is not near so nourishing as Wheat, as it is apt to gripe Persons not used to eat it. The Meal in Cataplasms is good against Swellings and Inflammations.

### B R E A D

Is certainly the most nourishing of all Sorts of vegetable Food, and in greater or less Degrees so, according to the Quality of the Grain it is made of, the different Manner of making, and the Time of keeping before it is eat. That which is made of Wheat is the best, if well cleansed from the Bran; yet it is then hard to digest, and apt to produce Costiveness, but when mixed with Rye or Barley is loosening. And as Digestion is nothing more than reducing the Food into Parts minute enough to enter the Lacteal Vessels, so the better our Bread is fermented, the easier it is digested;  
for



for the Work of Fermentation is a Division only of the fermenting Substance, by which the Cohesion of its Parts is lessened, so as to become less viscid, and by that means easier turn'd into Chyle in the Stomach. New Bread is harder of Digestion than that of a Day old, as it is more viscid; for which Reason Panadoes and Puddings made of Bread agree better with weak Stomachs than those that are made of Flour.

### O A T S

ARE of a hot and dry Nature, and Oatmeal is a very salutary and cleansing Food, exceeding useful in Sickness or Health, Water-Gruel being introduced into all Sorts of Illnesses; and Flummery, or *Scotch* Sowins, is fine Food and easily digested: But a thick Hasty-Pudding made of it is rather too hot for many Children, and especially those of a florid Countenance, because it thickens their Blood, causes Inflammation, and occasions Boils, Itch, and other Eruptions. Oats fried, put into a Bag, and laid to the Side, ease Pleuritic Pains; and the Meal made into a Poultice with Hog's-Lard will disperse Swellings.

### PEASE, and HORSE-BEANS,

ARE wholesome and grateful Food when green, though a little windy and dry. They sweeten the Blood, and correct scorbutic Distempers, either raw or boil'd; and as there is an Oil

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## *The best Method*

Oil contained in them, without any spicy Quality, they are good to temper Acrimony.

## GARDEN-BEANS

ARE commonly eaten when young, and in Summer, being a pleasant Food, and not more windy than other Pulse. Bean-Meal is recommended for the Bloody-Flux, and used outwardly against Inflammations, and to disperse Tumors. Horse-Beans have the like Qualities.

## HONEY.

|| THOUGH that which is the whitest and hardest is commonly most esteemed, yet the yellow or brown Sort, which is fluid, is accounted by Chymists to be the best in Medicine, as it is more spirituous. Various and great are the Virtues of this Aliment. It both penetrates and deterges, and is therefore of great Efficacy in all Kinds of Obstructions which proceed from viscid or tough Humours. It wonderfully helps all those who are troubled with Stuffings in the Breast, by promoting Expectoration. It is of great Service also to such as are afflicted with thick Phlegm in a Morning, and for all cold Constitutions, being either taken over Night upon a Toast, or dissolved in any warm Liquor. Surgeons make use of it to cleanse foul Sores.

## MILK

|| NOURISHES the Body, is of a cooling Nature, and wants little Digestion, as it has been already

already prepared by passing through the Lungs of the Creature from which it is taken. Its Consistence is the natural Juices of that Animal, and the concocted Juices of the Grass and Herbs she feeds upon; by which means it is serviceable in correcting the Sharpness of the Fluids, and in regulating a too quick Circulation of the Blood, and very proper to be taken in Consumptions. If Cows Milk proves too costive, mix it with a little Quantity of Honey; or rather for consumptive Persons give Asses Milk, which is lighter, and less apt to curdle; but Breast Milk is preferable to all others in this Distemper, provided the Woman is healthy, and feeds upon proper and cooling Diet.

### BUTTER *and* OLIVE-OIL

RELAX the Solids, supply the Juices with light Particles, and are good in dry and costive Habits, but hurtful in moist and corpulent People. They open the Body, are an Antidote against Poison, ease Pain, and remove Inflammations; but too frequent Use of them weakens the Stomach, provokes Vomiting, and is apt to stop the Glands, and by that means to foul the small Vessels of the Skin, whence cutaneous Deformities arise: And young Children who have fed upon much Butter have been observed to grow weak and big-bellied, very subject to Breakings-out, and to breed Lice; but being restrained from eating of it, have got over all these Inconveniences. The good Ef-



fects produced from Butter proceed from its oily and balsamic Principles. Oil of Olives is of the like Nature, and used for the same Purposes where it abounds.

### BUTTER-MILK

Is a Kind of Serum that remains behind after the Butter is made. It is cooling and moist, good for a Hoarseness, excellent in Consumptions, Hectic Fevers, Ulcers of the Kidneys, and the dry Scurvy. To such as are troubled with great Sweatings give it when turn'd sour, but sweet Butter-milk is most nourishing.

### CHEESE

Is nourishing enough, and helps Digestion when old, though when new it lies heavy upon the Stomach. It is something of the Nature of Butter, and may occasion Obstructions, tho' not so liable to those Inconveniences as the other, because the Acid it receives from the Runnet gives it a biting Taste, and makes it easier digested. That is thought to be the most wholesome which is strongest of the Runnet. It is to be avoided in all Cases which proceed from a Viscidity in the Blood, such as Asthmas, Pleurifies, and Disorders of the Breast.

### WHEY.

By taking away the Curd, or more grumous Part of the Milk, the remaining Liquor, or the Whey, becomes thinner, and thereby is made fitter

fitter to pass through the various Strainers of the Body; which, if drank plentifully, cleanses the Bowels, more particularly the Kidneys, by which it is usually carried off. It is a great Cooler and Sweetener of the Blood, and, if Agrimony or Fumitory are infused in it, is a good Remedy against the Itch. Whey is the most relaxing and diluting of all Drinks, and dissolves and carries off Salts.

### E G G S

ARE warm, and afford great Nourishment, but are not apt to pass easily through the Stomach, especially if boiled hard. To remedy this Inconvenience, eat Pepper and Vinegar with them, because those Things astringe, and make the Coats of the Stomach perform their Attrition more powerfully, and cause quicker Digestion.

### T U R N I P S

ARE cooling and cleansing, though a little windy. They are wholesome and nourishing, and easy of Digestion to weak Constitutions. The Liquor press'd out of them when boil'd is good in Hectics and Obstructions, allays Humours of the Breast, provokes Urine, and removes Hoarseness. The Syrup made with Slices of Turnips and brown Sugar-candy, *Stratum super Stratum*, and baked in the Oven, is an excellent Medicine for Coughs and Consumptions. They are also diuretic, and great Cleansers of the Ureters.

## P O T A T O E S

- 1 CONTAIN glutinous Parts, and are very proper Diet for thin and hot Constitutions, but are apt to swell up weak Stomachs; they are also windy, and very prejudicial to cold Habits, and to such as are much troubled with Phlegm; though they provoke Urine and Women's Terms, and keep down Vapours.

C A B B A G E *and* C O L E W O R T S

- ARE nutritive and laxative. The Antients had a wonderful Opinion of their Virtues. The Juice of red Cabbage baked in an Oven, and mixed with Honey, is excellent in an Asthma, and will assist in discharging the Matter of an Imposthume. Cabbage-Leaves are sometimes laid on Blisters after they have been cut, instead of Melilot Plaisters; they will likewise cool and repress the Inflammation of Sores.

P A R S N I P S *and* C A R R O T S.

- 1 PARSNIPS are very good in phlegmatic Cholics, correct the Sharpness of the Blood, and provoke to Venery. Carrots are nutritive, and proper in nephritical Cases.

## A P P L E S.

AMONG these the *Pippin* and *Pearmain* are accounted the best: But those are most wholesome that are most acid, as they maintain the due Density of the Fibres. Boil'd Apples and Milk  
are



are good in Consumptions, and, if boil'd in Milk and Water, and drained off, make the best Julep in the Small Pox. They are also pectoral, cause Spitting, open the Body, and are both cooling and cordial.

### PLUMS and PRUNES.

THEY are of a moistening, softening, and laxative Nature, quench Thirst, and create an Appetite. The best Sorts were originally brought from *Damascus*, and have retained the Name of *Damask Prunes* ever since; but now are imported in large Quantities from *France*, and come over dry, being larger and sweeter than the common Damson. Sweet Plums are laxative, but the sour astringent. Prunes assuage Thirst, and mitigate the Heat of the Bile.

### PEARS

ARE much of the same Nature with Apples, only some Kinds have a rather higher Flavour, and seem more cordial. The *Catharine* and other sweet Pears are apt to corrupt the Stomach and cause Surfeits; and such Persons as are subject to the Cholic ought to abstain from eating them; nor should they be eaten before other Victuals.

### PEACHES and NECTARINES.

THEY are juicy and vinous, cooling and pectoral, and more nourishing than the Apricock; they help a stinking Breath, proceeding

from corrupt Matter in the Stomach. They agree with young sanguine Persons in hot Weather; but are pernicious to old People, and to such as are phlegmatic: They sometimes also putrify in the Stomach, and occasion Surfeits. The Nectarine has the same Qualities.

### APRICOCKS

ARE a nourishing Fruit, and, if not over-ripe, strengthen the Stomach, create an Appetite, provoke Urine, and promote Spitting. The Kernels steep'd in Brandy make a fine rich Cordial; but bitter Almonds being bought much cheaper, the common *Ratiffa* is frequently made of them.

### CHERRIES.

THE black Sort keep the Body open, and are good for Diseases in the Head and Nerves, such as Epilepsies, Palsies, &c. The red Sort are cooling and laxative, whet the Appetite, and quench Thirst. The Gum is reckon'd good for the Stone and Gravel.

### GOOSEBERRIES

ARE a lenient Fruit, wholesome, and proper to allay the Heat of the Bile, contract the Stomach a little, and resist Poison. If eaten moderately, they create an Appetite and quench Thirst. When green they are more acid and astringent. They make a fine Wine, little inferior to the Grape.

RASP-

### RASPBERRIES

HAVE a delightful Smell and Taste, purify the Blood, and are *antiscorbutic*. They stop Vomiting, and are good to prevent Abortion. The Syrup made of them stops a Looseness, and is much used in Gargarisms.

### CURRENTS

ARE accounted as wholesome a Fruit as any in *England*, and are agreeably acid. The red and white are the best. They greatly assuage Thirst, strengthen the Stomach, help Digestion, are an approved Remedy for spitting of Blood, and no Hurt can proceed from eating them. Jelly of Currants mix'd with Water is an excellent Drink in Fevers.

### STRAWBERRIES,

WHEN eaten with Wine and Sugar, are cordial. The Juice of them, mix'd with the Juice of Lemons, and put into Spring-Water, is an excellent Liquor to drink in burning and bilious Fevers. Some Authors recommend them in Fluxes and the Jaundice; and Gargarisms for sore Mouths, or Ulcers in the Gums, are made of the Leaves.

### LEMONS.

THE Juice of this Fruit is cooling, quenches Thirst, and prevents Putrefaction, is serviceable in Diarrhoeas and malignant Fevers, good



for the Stone and Stoppage of Urine from viscid Blood, strengthens the Stomach, and stops Vomiting which is caused by a Redundancy of Choler. The Rind is an agreeable Bitter, aromatic, sweetens the Breath, resists Poison, gives a grateful Flavour to Tinctures and Infusions, and fortifies the Heart and Brain.

### ORANGES, *Seville and China.*

THE Tree that bears this Fruit grows in great Plenty in *Italy, Spain, and Portugal*, and has Flowers and Fruit upon it all the Year, though the Oranges are chiefly gathered in *October*. The Juice of it is good in Sauces, and helps the Appetite, and is very serviceable in burning Fevers. It is also a powerful Remedy against the hot Scurvy.

*China* Oranges are laxative, and only eaten for Pleasure, though the Peel warms and strengthens the Stomach, prevents Vomiting, and is useful in the Wind Cholic.

### ALMONDS.

THERE are two Sorts of Almonds, the sweet and the bitter, and both have their peculiar Virtues. In the common Practice sweet Almonds are often prescribed in Emulsions, and are prevalent in all Disorders which proceed from cholic and sharp Humours. They cleanse the Kidneys and Urinary Passages, and give Ease in all Irritations of the Bowels.

OIL

OIL of Almonds is an useful and excellent Remedy for Coughs, Shortness of Breath, Pain or Soreness of the Stomach, and for a Pleurisy. It is likewise of great Use in the Stone, Gravel, and all Diseases of the Bladder and Kidneys. It helps a costive Habit of Body, and is good for Children's Gripes. The Oil of bitter Almonds is used as a Cosmetic, and dropp'd into the Ears is good for Deafness.

### FIGS.

THE dried Sort are brought chiefly from *Portugal* and *Spain*, and are very useful in Asthmæ, Hoarsenesses, Coughs, and all Distempers of the Lungs and Breast. They also promote Expectoration, help Difficulty in Breathing, and are often used to cleanse the Urinary Passages from Sand and Gravel. Applied outwardly, they are good for Inflammations, Swellings, and pestilential Buboës. When toasted by the Fire, they are sometimes used for Imposthumations in the Ears, and Swellings of the Gums.

### RAISINS and CURRANTS.

THE best Raisins are Grapes dried in the Sun, on the Stalks they grew on, which they cut almost through, to prevent them from receiving Nourishment from the Vine, till they are dry, and sufficiently cured for putting up in Casks. The *Malaga* Raisins are dipp'd in boiling Lye, made of the Ashes of Vine-Branches, and dried on Boards. They are a

grateful Fruit, good in Catarrhs, and to cleanse the Bowels, but especially the Kidneys and Urinary Passages. Currants have the same Qualities, though from a smaller Grape, are opening, and good in Consumptions.

RAISINS of the Sun are best in thirsty Fevers to quench Thirst, and are also pleasanter to the Palate: But the *Malaga* are preferable in Diseases of the Lungs and Breast.

### W A L N U T S,

IF eaten in the Morning, will prevent Infection in Time of pestilential Distempers; they are cordial, gentle Sudorifics, antiscorbutic, and are of the same Nature, and answer the same Intention as Almonds.

### T A M A R I N D S.

THIS Fruit grows in *Egypt*, and in both the *East* and *West Indies*. The *West India* Tamarinds being preserv'd in Sugar are the pleasanter to eat, but those brought from the *East Indies*, being prepared without Sugar, are fittest for Medicine. They are cooling and acid, correct bilious Heat in the Stomach, moisten the Mouth, and allay Thirst by sucking, and if swallow'd are good in inflammatory Fevers, help the Jaundice, and provoke Urine.

### C H E S N U T S

HAVE something rough and astringent in their Composition, and too many eaten at a time



time will occasion a Load at the Stomach, but this is prevented by roasting. They afford good Nutriment, and are very useful in Women's Weaknesses.

### PINE-APPLES.

THE best Sort of this Fruit grows in hot Countries, and they are good to allay the sharp Humours of the Breast, for phthifical and consumptive People. They are nourishing, qualify the Heat of the Urine occasion'd by sharp and pricking Humours, and increase Milk and Seed.

### FILBERTS,

As well as Nuts, contain a great Quantity of Oil, though Filberts have a more agreeable Taste, because their Salt is not so sharp. They are pectoral and nourishing from their oily Parts, and are also of a binding Nature, by reason of their earthy Principles, which communicate a greater Consistence to the Fluids, and swallow up the over-abundant Moisture that loosens the solid Parts.

### MELONS.

THE Melon has a pleasant Smell, and delicious Taste. It cools much, quenches Thirst, and whets the Appetite, and it is said that the frequent Use of this Fruit will prevent the Stone in the Bladder and Kidneys. But nevertheless it is windy, and sometimes causes great Pains in the lower Part of the Belly, therefore

not

not good for Persons subject to the Cholic. And it has been observed, that the Use of Melons causes Bloody Fluxes and Fevers, but more especially Quartan Agues.

## ARTICHOKES.

THIS is a Sort of Thistle, but very nourishing, causes Sweating, purifies the Blood and removes Obstructions, and provokes Urine by the nitrous Salts contain'd in it, which dissolve the gross Matter they meet with, and open the Passage through which they are to pass.

## *FOODS prepar'd of Animals.*

### BEEF.

BEEF is the Flesh of an Ox, Bull or Cow, of which Sorts, that of the Ox is look'd upon to be most wholesome, and pleasant to the Taste: This Food contains a gross Juice, which, when condensed in the Vesicles of the Fibres, sticks fast, and is not easily separated there-from, or dissolv'd: Hence it comes to pass, that those People who live chiefly upon Beef are for the most part strong, vigorous, and hale; and from the same Cause it is a little binding.

### VEAL.

THIS is the Flesh of a Calf, which contains an oily, viscous, and balsamic Juice, fit to unite with the solid Parts: It loosens the Body, by  
making

making the Humours contain'd in the Vessels more fluid, and the Passages more open and free. The Head, Lungs and Feet are of a glutinous, cooling and moistening Substance; and, when boil'd in Broths, moderate the Loss of Blood, Women's Terms, Piles, and spitting of Blood. The Runnet, which is used to curdle Milk for making Cheese, is nothing but a cheesy Matter in a Bag, found in the lower Part of a young Calf's Stomach, which contains a volatile Salt, for digesting the Aliment wherewith this Animal is fed.

### BACON and PORK.

ALL the Parts of a Hog afford nourishing Meat, which does not easily waste, but makes the Body a little laxative. Pork is harder of Digestion, apt to breed gross Humours, and is not proper for gouty Persons. It is a Diet will agree well enough with those who have a good Appetite, and who are used to Labour or Exercise, but not good for weak, tender, and idle Persons. *Galen* insists upon it, That Pork is not only more wholesome, but also better tasted, than any other Flesh, and that such People as are inur'd to hard Labour are never so hearty and strong as when they feed upon it. Old Bacon melted is good to heal and cleanse Wounds. Hogs-Dung outwardly applied stops bleeding at the Nose, and cures Scabs. Hogs-Gall cures Ulcers in the Ears, and causes Hair to grow.

THE young Pig makes a delicate Dish roasted,



ed, and is very healthful Eating, and produces good Effects in the human Body.

## MUTTON

Is properly the Flesh of a *Wether*, that of the *Ram* and *Ewe* being much less us'd, and is in great Esteem among us, because it is tender, well-tasted, full of oily Parts and volatile Salts, and agrees with all Ages and Constitutions, as it yields good Nourishment and is easy of Digestion. The Gall is good for Ulcers in the Eyes. The Fat or Suet stops the Bloody Flux, and is mix'd with Pomatums, Plaisters, and Ointments.

## LAMB.

THIS Flesh is agreeable to the Taste and delicate, but full of gross and phlegmatic Humours, and produces the same Kind: These Juices, however, make it moist and cooling, and proper to allay the Sharpness and regulate the too violent Motion of the Humours.

LAMB-GALL is good in the Falling Sickness. The Dose from two to eight Drops.

## *The KID*

Is a young Male Goat; the younger it is, the more does it abound with oily Juices, which make it more salutary, and occasion the other good Effects which are attributed to it. When it grows old the Flesh is rank and nauseous. The Marrow or Fat of the He-Goat strengthens

ens the Nerves: The Dung taken inwardly eases the Pains of the Stone, and if applied outwardly will dissolve cold Swellings. The Gall, mix'd with the Oil of Laurel and the Whites of Eggs, spread upon a Plaister, and laid to the Navel, is good for an Every-Day-Ague. The Blood taken from the Testicles, and dry'd in the Sun, is serviceable in a Pleurisy, provokes Women's Terms and Urine, and is also good against Poison. There is sometimes a small Stone found in the Gall of the He-Goat, which very much resembles the true *Bezoar*, promotes Sweat, and is an excellent Antidote for Poison.

### *The* FALLOW DEER.

THE Flesh of this Creature is call'd Venison, is replete with good Juices, eases Cholic Pains, and is good for the Palsy if eaten when young, but when old is hard of Digestion. The Blood newly taken, and drank warm, cures the Swimming of the Head or Giddiness. The Gall removes Films in the Eyes, and the Liver is of a costive Nature, and will stop a Looseness.

### *The* STAG,

IF fat and young, yields good Nourishment, and is easily digested, though the ancient Physicians did not approve of it. The Female of this Kind is call'd the Hind, whose Flesh is not so good as the Male. When the Horns of the Stag are young, and such as we call Velvet Heads,

Heads, they are good Food, and dress'd many ways: The larger Horns are cut into Shavings, and make a fine Jelly boil'd in Water, which clarified with the White of an Egg, a little Wine, Sugar, and the Juice of a Lemon, fortifies the Stomach, stops Spitting of Blood, Vomiting and Diarrhoeas: The Suet rubb'd upon the Parts affected is good in the Rheumatism, strengthens the Nerves, helps broken Bones, and the Sciatica Pains.

### *The H A R E.*

THE *Jews* think it a Crime to eat the Flesh of this Animal, though it has an agreeable Taste, and if young, or well hunted, produces good Juices; if old, it is apt to create Melancholy, and to make People dull and heavy. Several Parts of this Creature are made use of in Physic. . The Furr, if applied to a fresh Wound, stops Blood. The Lungs, Liver, and Heart, dry'd and powder'd, cure the Bloody Flux, provoke Women's Terms and Urine, and are of great Service against the Falling Sickness. The Gall takes off Webs over the Eyes. The Fat rubb'd upon Imposthumes ripens them. The Testicles and Kidneys dried increase Seed, dissolve the Stone in the Kidneys, and are good against a Diabetes.

### *The R A B B E T.*

THE Flesh of this Creature is better and more tender in Winter than Summer, and affords



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fords good Food; though if eaten too young it breeds gross Humours, and if too old is hard of Digestion; therefore we should chuse those of a middling Age for our Tables. The Fat of them is of a dissolving Nature, and strengthens the Nerves.

*Of F O W L S.*

*The* H E N.

THE Flesh of a Hen, if young, is easy of Digestion, and more proper for weakly Persons, or such as lead an indolent Life, than for those inur'd to hard Labour and violent Exercise, because these last require more lasting and substantial Food; nevertheless it is said to chear the Understanding, and to increase Seed. Physicians open the Hen's Body, and lay it hot to the Head in dangerous Fevers, Apoplexies, Madness and Lethargy, to open the Pores and cause Perspiration.

*The* C H I C K E N

Is cooling, pectoral, and nourishing, and contains abundance of oily and balsamic Particles, which make good Juices. The Broth made of this Animal is of great Use in Fevers, and most other Distempers; and to give this Liquor particular Virtues, they stuff the Body of the Chicken boil'd, with Drugs suitable for the Purpose.

*The*

*The CAPON and COCK.*

THE Capon is a gelded Cock, by which means his Flesh becomes more tender and delicate, and has very much the same Taste and Virtue as that of the Chicken. It is a Restorative, recovers decay'd Spirits, and good for the Phthific and Consumption. The Broth made of a Cock loosens a little, and is also restorative; the older he is, the better for this Purpose. Physicians assert, That the Genitals of this Fowl, especially if young, greatly strengthen decaying Nature, and create Seed. Their Brains stop Looseness, and take away Spots or Freckles in the Skin.

*The PIGEON.*

THERE are many Sorts of this Kind of Birds, which are of a dry Nature, and only differ in being more or less so; those are esteem'd best which are bred in a clear and open Air. The common Pigeon, though somewhat binding, is strengthening, and will carry off the gross Matter of the Reins; but when old produces melancholy Humours. Physicians cut them open alive, and lay them hot to the Feet of their Patients in Apoplexies, Phrenzies, and other malignant Distempers. The Blood of a Pigeon newly let will ease Smarting in the Eyes, and cure a green Wound.

*The*

*The* TURKEY-COCK.

THIS Bird yields a very nourishing Food, recovers Strength, and increases seminal Moisture. Its Flesh is firmer and of more solid Duration than that of the Capon and Chicken, but is in all other Respects of the same Nature and Quality with them.

*The* GOOSE.

IT is generally allow'd that the Flesh of a Goose is more agreeable to the Palate, than wholesome; being hard of Digestion, and full of heavy Juices: However, 'tis a durable Food, nourishing enough, and proper for such People as are strong and hearty, and have a good Stomach. The tame one contains much Phlegm, but the wild one Oil and volatile Salt. This Fowl is remarkable for its Vigilance, and the least Noise awakes her, insomuch that yearly Honours were paid to her by the *Romans* for alarming the Citizens when the *Gauls* were about to enter the Capitol in the Night. Half a Dram of the Skin of the Goose's Feet dry'd, powder'd, and taken inwardly, in some proper Vehicle, will stop Bleeding, and cure the Flux. Half a Dram of Goose-Dung, reduced into Powder, and taken, will provoke Urine and the Menfes, and much facilitate Delivery in Child-bed. The Fat or Grease eases the Piles, and Pains in the Ears if put into them: It also is good in the Rheumatism, if you rub the Parts affected therewith.

*The*



*The D U C K.*

THE Duck and Goose have a very near Resemblance of each other with regard to the Substance of their Flesh, are much of the same Nature, and produce the like Effects; and the tame one is not so well tasted or so wholesome as the wild. Open the Body of a Duck, and apply it warm to the Belly, and it will alleviate the racking Pain of the Wind Cholic.

*The P A R T R I D G E.*

THE Flesh of a Partridge is firm and durable Food, increases the Milk of Nurses, is strengthening and very nourishing for Persons just recovered from Sicknefs, and good in Diarrhoeas. It should not be eaten till some time after it is kill'd; the exposing it to the Air for a Day or two causes a small Fermentation, which makes it more tender. Ulcers, Films, and Webs in the Eyes are removed by dropping some of the Blood or Gall of a Partridge into them when warm. The Marrow and Brains are given in the Jaundice, and Feathers burnt and held under the Nose cure the Vapours in Women.

*The P H E A S A N T.*

THIS Bird is very wholesome and durable Food, fortifies Nature, and is said to be of great Use in Epilepsies and Convulsions, and good

good for Hectic Fevers. The Fat of a Pheasant, applied outwardly, strengthens the Nerves, disperses Swellings, and gives Ease in the Rheumatism.

*The* QUAIL.

AUTHORS are of different Opinions with respect to the Effects produced from eating the Flesh of this Bird, because it is sometimes not easy of Digestion, which may be occasion'd by the over Fatness which recoils or sits heavy on the Stomach: But as we have not experienced any ill Effects proceeding from it, we may venture to affirm, that the Quail is nourishing, will create an Appetite, and gives good Juice. The Fat of this Bird takes away Specks from the Eyes, and the Dung reduced to Powder is a good Remedy for the Falling Sickness.

*The* THRUSH

Is much better in cold than hot Weather. The Flesh is rightly qualified by a due Proportion of oily and saline Particles, which give it a delicious Taste. It helps the Appetite, strengthens the Fibres of the Stomach, recruits the Solids, and increases Animal Spirits.

*The* BLACK-BIRD.

THIS Bird is much of the same Nature with the Thrush, and though not of so fine a Flavour, or so easy of Digestion, may be reckon'd wholesome.

*The*

*The L A R K.*

THIS little Bird is esteemed for the Goodness of its Taste, and being much upon the Wing perspires sufficiently, and contains but few viscid Humours. The Flesh is savoury, and easy of Digestion; and the Blood and Heart provoke Urine, and cure the Cholic either in the Reins or Belly.

*The O R T O L A N*

Is of an exquisite Taste, restorative and strengthening, and lives best in warm Countries, such as *Dauphiny, Provence, Languedoc, and Italy.*

*The S T A R L I N G.*

THIS Bird is naturally of a dry Temper, and should not be eaten unless young and fat, but is said to be good for the Falling Sickness.

*The L A P W I N G and P L O V E R:*

THE Flesh of the Lapwing is light, well tasted, and easy of Digestion, therefore not proper Food for such as are accustomed to hard Labour and Exercise, as it soon wastes; yet 'tis look'd upon to be a Strengtheners of the Brain, and to cleanse the Blood. The Plover lives in the same Places, feeds upon the same Food, and produces the same Effects.

*The M O O R - H E N.*

THERE are many Species of this Kind, some tolerably good, others extremely unpleasant to  
the



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the Taste; and in general as these Birds feed in Marshes, Pools, &c. their Flesh is full of bad Juices, and fit only for such Persons as have good Stomachs, and are used to Fatigue.

### *The* WOODCOCK *and* SNIPE.

THE Woodcock has a delicious Taste, and is served to the best Tables, are Restorers of Nature, and good Food. The Snipe is a Sort of Woodcock, and differs only in Bigness, but is better Eating, and easier digested.

## *Of* F I S H.

### *The* PIKE.

THIS Fish differs much as to its Quality, according to the Climate and Water it is bred in. Those that live in standing Ponds are full of bad Juice, and sit heavy upon the Stomach. The River Pike nourishes well, and is good Food enough; but you must be careful not to eat the Roes, because they often occasion Vomiting or violent Purging. There are small Stones found in the Head of this Fish, which being reduced to Powder help Women in Labour, expel the Stone out of the Bladder and Kidneys, and are good for the Falling Sickness. The Dose is from twenty-five Grains to a Dram.

*The*

*The C A R P.*

THIS Fish is naturally soft enough, and full of crude Juices; so the older it is, the better the Food, as thereby it becomes firmer and more wholesome: However, it is commonly eat, and without any bad Consequences attending. The Head of the Carp is the best Part, especially the Tongue, which is a most delicious Morfel. The Gall is good to clear the Eyes.

*The P E R C H*

LOVES clear and rapid Waters, is very active, and feeds upon good Food, which makes it delicious and wholesome. The Flesh is hard and very nourishing, contains pure Juice, and many healing Parts. It is also easily digested if not too old, but if too young it is soft and viscous. There are small Stones found in the Head of a Perch, which are good to dry up sharp Humours.

*The E E L*

Is well tasted, and the Flesh white. It affords good Nourishment and is easy of Digestion, because the Juices are well qualified by a due Proportion of oily and saline Principles. You must take great Care not to eat the Roe, for it will cause great Pain in the Stomach, and work violently by vomiting and purging. It is said also that it is hurtful to those Persons who are afflicted with the Gout and Stone. The  
Fat





Roe is not to be eaten, as it produces the same bad Effects with that of the Eel. The Liver is exceeding large and of a grateful Taste, which makes some Authors affirm, that this is the only Part that is proper to be eaten.

### *The GUDGEON.*

THERE are two Kinds of Gudgeons, one lives in the Salt or Sea Water, the other in the Fresh; but those bred in clear fresh Streams are accounted the best. They contain much volatile Salt and Oil, and are good to eat after Recovery from Sickneſs, being pleasant to the Palate, and easily digeſted.

### *The LAMPREY*

HAS a delicious Taste, and is reported to live but two Years, and after it has brought forth her Young, decays insensibly and dies. There are two Sorts of this Fish, the Sea and Fresh Water Lamprey: The Sea Lamprey is of the Number of those Fishes that leave the Salt Water for a Time, and return again. They come into Rivers to spawn about *April* or *May*, and return with their Young at a certain Season. They agree with hot Constitutions, and with those that have a good Stomach and thin Humours.

### *The SMELT*

Is bred in the Sea, and comes up into Rivers. It has a higher Taste than the Gudgeon, is more delicious Eating, and smells like a Violet; has

has no gross Matter, therefore makes a finer Impression upon the Palate, and is said to be good for the Gravel and Stone.

*The* SALMON.

THE Salmon is good either fresh or salted, gives good Nourishment, strengthens the Body, and produces other good Effects, though a little hard of Digestion, and apt to lie heavy upon weak Stomachs.

*The* WHITING

Is much esteem'd for the Goodness of the Taste, is light Food, passes easily, and has no bad Effects, though eaten to Excess; and for this Reason is recommended to sick Persons. There are small Pearls found in the Head of this Fish, which when beaten to a Powder, help the Cholic in the Back, expel the Stone, and stop Looseness. Take from ten to forty Grains.

*The* MACKEREL.

MOST Authors, that have treated of this Fish, reckon it in the Number of those that have gross Juices, and are hard of Digestion; though we find by Experience, it is nourishing enough, and of an opening Nature. It is in Use only for a certain Season of the Year, and then we see no more of it.

*The* STURGEON.

THIS is a solid Food and nourishing, but commonly a little hard and tough; the Fat not easily digested, upon which Account it is prejudicial to weak Constitutions. The Flesh is opening, and weakens the Fibres of the Stomach.

*The* HERRING

Is but indifferent Food, and unless 'tis eaten when fresh, heats much, and causes Thirst and sharp Humours. The pickled Herrings are very hard of Digestion, though not so pernicious as the red Herring, these last being sharper and not so moist as the former.

*The* PILCHARD,

WHEN fresh, has a delicious Taste, opens the Body, and breeds good Juices, but when pickled produces the same bad Effects as the pickled Herring. Those that drink much esteem it highly, because it causes Thirst, and is Sauce for good Liquor: But upon the whole it may be accounted more pleasant than wholesome.

## ANCHOVIES

ARE esteem'd in all Countries in *Europe* for their fine Taste and high Flavour. They strengthen the Stomach, cause a gentle Heat in the Coats, attenuate the Aliments therein contain'd, create an Appetite and help Digestion, and on these



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these Accounts are mix'd in various Kinds of Sauces.

*The* FLOUNDER *and* PLAICE.

THESE Fishes are taken both in salt and fresh Water, but are not very plentiful in the Sea. The Plaice is the biggest. They allay the sharp Humours of the Breast, and open the Body; they smooth the Passages, and qualify soft Matters contain'd in the Bowels.

*The* S O L E.

THERE are but few Fishes more wholesome or better tasted than this, for which Reason it is call'd by some the Sea Partridge. It is firm, short and tender, and duly proportion'd with salt and oily Particles, which make it so agreeable, and produce these good Effects. The Head of this Fish dry'd, and reduc'd to Powder, is recommended for the Gravel and Stone, and also for the Scurvy.

*The* T U R B O T

Is call'd the Water-Pheasant, by reason of its excellent Taste, which is somewhat like that Fowl. Its Parts are pretty compact, is nourishing, easy of Digestion, has but few gross Juices, and is us'd at the best Tables.

*The* R O A C H

Is of a nourishing Nature, and produces good Juices, is look'd upon to be good for stopping

a Looseness, and recovers decay'd Health, though but coarse Eating.

### *The SHAD*

CAUSES Sleep, by bracing up the animal Spirits, though 'tis well tasted and nourishing. When stale it has a certain Acidity, which offends the Gums, and causes Thirst. There is a Pearl in the Head of this Fish, which cures Quartan Agues, and expels the Stone, either in the Bladder or Kidneys.

### *The THORNBACK.*

THIS Fish is solid and durable Food, but naturally hard, not easy of Digestion, and produces gross Humours, which ill Effects are in a great Measure prevented by keeping it for some Time before you dress it.

### *The COD*

Is much used for Food, both fresh and salted; it affords good Juice and is very nourishing, though when salted it loses much of its Flavour, and is not so easily digested. The Pickle of Cod is very drying when outwardly applied: It is also used in Clysters, because the Salt contain'd in it irritates the inward Glands, and forces out more Liquor.

### MUSCLES

ARE of two Sorts, the Sea and River Kinds. Fresh Water Muscles are not to be eaten, as they

they promote Fevers and cause Obstructions. The Sea Muſcles are uſed every where for Food, are tender, well-taſted, and produce no bad Effects: They are opening, but afford little Nouriſhment. The Shells beaten in a Mortar, taken from half a Scruple to a Dram, ſtop Looseness and ſharp Humours.

### OYSTERS

CONSIST of glutinous Parts, which being convey'd to the Brain, inſenſibly ſtop the Motion of the animal Spirits, and ſometimes cauſe Sleepineſs. They have a fine Taſte and nourish the Body, create an Appetite, provoke Venerie, and are good for the Scurvy and Gout. The Shell, being calcin'd and reduc'd to Powder, cleanses the Teeth and diſſipates acid Humours.

### *The* CRAB.

THE Flesh is ſolid Food, ſtrengthens Nature, corrects ſharp Humours in the Breſt, and is very ſerviceable to ſuch Perſons as are troubled with Phthiſic and Aſthma.

### *Of* DRINKS.

BEFORE we begin to conſider the different Natures and Qualities of thoſe Liquors which are moſt commonly uſed in theſe Kingdoms, it will be very proper to ſay ſomething concerning Fermentation.



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IN all Fluids, whose Parts are not regularly fitted to join and hang together, so as to make a uniform Fluid of the same Kind, the heavier may be call'd the *solid* Bodies, the other the *light*. Now Fermentation is a violent Motion in any Liquor, by which the former Agreement, or hanging together of the Parts, is altered, and those which are too heavy to float about in the Fluid sink to the Bottom, those which are too light are driven to the Top.

THESE Liquors, so work'd together, when they are thoroughly fermented, occasion Heat, provoke Urine, spoil the Appetite, intoxicate, and promote Perspiration when drank to Excess. There is in them a great Quantity of oily volatile Salt, which makes them agreeable enough to the Stomach, as it causes a pleasing Titillation upon the Fibres and Membranes, and loosens the whole animal System; consequently must increase the perspirable Substance, and thereby occasion Heat and Thirst. This oily Salt of Liquids, thus fermented, rarifies the Blood, stretches out the Arteries, and prevents the regular Passage of many Spirits into the Heart, and makes it unable to contract itself with sufficient Force to throw the circulating Blood to the extreme Parts of the Body. This is the Cause of drunken Men looking wan and pale: Besides, while they continue in this State, much Blood is thrown into the Brain, and to those Parts which are nearest the Heart, which weakens the Fibres, and renders them unable

to carry on a due Circulation. Hence it comes to pass, that Persons addicted to hard Drinking are subject to Palsies, Apoplexies, Giddiness, Loss of Memory, Trembling of the Hands, Jaundice, Dropsy, &c. Since such a Variety of Ailments are the Consequence of hard Drinking, let us here enquire what Sort of strong Liquor may be drank immoderately with the greatest Safety.

IN the Case before us, we ought to chuse that which is clear and transparent, and leaves a Dryness upon the Tongue; because this will be best carried off by Urine. It should likewise have no loosening Qualities: It is upon this account the binding Property there is in *Claret* makes it the wholesomest of all strong Liquors to drink of to Excess. But though the immoderate Use of strong Liquors is so pernicious, yet if prudently taken, they are of great Service to Mankind. They exhilarate the Spirits, when drooping by violent Exercise and hard Labour. They blunt the Edge of Pain, drive off Melancholy, and will satisfy the craving Appetite when Victuals are wanting; and are also exceedingly proper in a low Pulse, if moderately drank.

## WINE.

THIS is the most wholesome and agreeable of all fermented Liquors that are in Use amongst us. On account of its Clearness, or the Tartar contained in it, it is of greater Service to the

Stomach in all its Disorders than any other Medicine: But it must be observed, that the *French Wines*, particularly those of *Burgundy* and *Champagne*, are to be preferred to those which are brought from *Spain* or *Portugal*, or indeed to any sweet Wines, unless they are drank as Cordials, and in small Quantities. These last are more apt to disorder the Head, and seem much stronger, but are less spirituous, as has been observed in distilling. They have not had a thorough Fermentation, by which means their oily Parts lie dead, and are not converted into Spirits, which makes them more difficult of Digestion, but at the same time more nourishing, and better for People of a dry Constitution.

WINE, invented by *Noah*, has all along retained its most ancient Name *Vin*, from the primitive Languages. It is supposed to have been first contrived in the hot Countries, whose Inhabitants having but little Water, and that impure, were obliged to seek for a more agreeable Drink in the Grape; but the richest and most exquisite Wine is that which runs spontaneously from the Grapes perfectly ripe, which laid in Heaps burst of their own accord, and afford the Wine we call NECTAR.

### A L E and B E E R.

ALE is of a smooth, soft, and slippery Nature, nourishes greatly, loosens the too strait Fibres, and is therefore more proper for Persons



sons of a dry Constitution than Wine. But it is certain, the more our Malt-Liquor resembles the Nature of Wine, the more valuable it is. It should therefore be brew'd with soft clear Water, and such as will bear Soap; it should taste dry, but not sour; should sparkle in the Glass, and be as fine as possible. The Necessity of boiling Hops in our Drink is obvious, for without this Ingredient we should always drink it new and ropy, or else old and sour. Besides, Hops are a pleasant Bitter, and good for the Stone. Ale brew'd of the best Malt, not too strong, but well boil'd and work'd, and fined down according to Art, and pale, is a most comfortable Liquor to drink; it dilutes the Blood, cleanses the Passages, and nourishes the whole Mass. The staler the Ale, the more opening; the thicker, softer, and sweeter, the more filling and nourishing. Though new Ale is thought to clear the Urinary Vessels, it will in time fill them up with slimy Matter, which will at length harden into a Stone. Beer is made of much the same Ingredients, but call'd by this Name for its Age and Mellowness. This Liquor is of a strengthening and satisfying Nature, and very nourishing, as is manifest in the City of *London* and Suburbs, where the greatest Part of the People drink no other Liquor, and are fatter, healthier, and more vigorous than those who drink Wine.

## CYDER

Is a wholsome Liquor, and is said to agree with *English* Constitutions better than Wine. It is pectoral, quenches Thirst, good for scorbutic and melancholy Persons, and strengthens the Heart and Stomach, as is evident in those Counties where the People drink nothing else, and are observed to live to a great Age, and free from Diseases.

## COFFEE

Is now become the fashionable Evening Entertainment of the Ladies in *Great Britain*, and all People in high Life and Credit drink large Quantities of it at any time of the Day, though perhaps more to their Prejudice than they are aware of. The Water itself is hurtful to those who are apt to be laxative, and the Bitterness which it imbibes by the Infusion of the Berry is prejudicial to Persons of a stronger and more costive Nature. Therefore the Strength and Quantity of this Liquor ought to be proportioned to their respective Constitutions.

THEY who are fat and corpulent may bear to drink it strong, without either Butter, Sugar, or Milk; because the more it pricks and stimulates the Fibres of their Stomachs, the more closely they will contract, and thereby oppose the noxious Matter, and not suffer it to enter the Blood. Thus the Humidity is abated by making the Motion stronger, which recovers the  
Tone

Tone of the Fibres when too much loosen'd in a Constitution of this Kind. It will also prevent Head-aches, Catarrhs, and Defluxions; and is useful to be taken after hard Drinking.

BUT those Persons who are of a hot Constitution, and lean, should not drink it unless very weak, and then mix'd with Sugar and Milk.

THE Coffee-Tree grows plentifully in *Arabia the Happy*, and bears sweet Flowers, which smell like Jessamine, and come forth at the setting on of the Leaves, being succeeded by Berries..

### TEA.

THERE are two Sorts of Tea, (*viz.*) the *Green* and *Bohea*, both gathered from the same Shrub, and differ only in Colour, and in the Way of curing. We do not find any ill Effects produced by either, though the latter is very apt to be spoil'd by colouring of it, and to want the natural Simplicity of Green Tea, which is good for weak Stomachs and want of Digestion, in Catarrhs, Rheumatism, and the Gout, and exceeding useful in Surfeits.

THE Bohea Tea likewise is of a very softening Quality, and therefore good in a Morning with Milk, in Consumptions, or for Ulcers upon the Lungs.

### CHOCOLATE

Is made of Cocoa-Nuts bruised and mix'd with Sugar and other Spices, by which means it becomes a great Restorative, and will often repair



repair decay'd Strength. It also promotes Venery, and is good in the Cholic and Gravel.

## W A T E R

Is the principal Ingredient in all our Drinkables, though but little esteemed because it is so common; and yet, if we did but consider the great Benefits produced by it, how necessary it is to our Subsistence, and that we could not live without it, we should value it beyond all other Liquors.

THIS Element furnishes all the fluid Parts in our Bodies, dissolves the Salts in the Blood, and without which it could not circulate. By this our Food is prepared, and it is the Vehicle which conveys that and Medicine out of the Stomach, and also into every little Mæander of the Body, both for Health and Nourishment.

IT varies greatly, and takes a different Nature, from the different Parts of the Earth it passes through.

WATER is the common Drink of all vegetating Bodies, the *Vinum Catholicum* of the Alchymists, without which they affirm nothing can grow or increase, whether it be Animal, Vegetable, or Mineral.

THE purest Water is always found to be the lightest, because every foreign Body mix'd with Water, whether Sand, Earth, Minerals, &c. is heavier than the Water itself; upon which account the *Ethiopians* are said to be long-liv'd, whose

whose very light Waters would not sustain a Bit of Wood.

RAIN Water is the purest and most simple: I do not mean that which falls down in Showers through the Air, and becomes a Lixivium, by dissolving all the volatile Salts and other Bodies floating therein; but that which descends from the Clouds, by the Attraction of the highest stony Mountains, and through which the Water is strain'd and freed from every thing foreign, and then runs down in pure Streams through sandy Currents towards the Foot of the Mountain.

PURE Water is best drank crude; so that *Nero* did not act wisely, when grown sick of every Sort of Wine, and exhausted with the Fatigues of Luxury, he at last drank Water, but after it had been boiled in golden Vessels.

RAIN Water which descends in Showers through the Air, and is kept in Vessels, is observed to be full of the invisible Eggs of Insects, and Seeds of Plants; insomuch that, by letting it stand exposed to the warm Air in a Glass Vessel, you may quickly perceive it generate many Kinds of Animals. The same will also happen, if you keep it ever so clean in Glasses; but when once the Water is boil'd, all the prolific Power in the minute *Ova* of the Plants and Animals is destroyed; yet boiling more than once will be prejudicial to the Water, because some Parts of its Substance will be turn'd into a solid Body every time it is boil'd.

IN

IN the *Miscellanea Curiosa* you will find a very remarkable Observation, of an old Man, a hundred and twenty Years of Age, without the Loss of a Tooth, and of a brisk and lively Disposition, whose Drink from his Infancy was pure Water.

THE famous Civilian *Andrew Tieraqueau*, who is said yearly to have given a Book, and by one Wife a Son to the World, for thirty Years together, never drank any thing but Water from his Infancy.

BUT farther: *Hoffman* says, “ If there be  
“ any universal Medicine in Nature, ’tis com-  
“ mon Water; for by its Assistance all Sorts  
“ of Distempers are commonly cured, and the  
“ Body preserved sound, or defended from Cor-  
“ ruption, that grand Enemy to Life.”

HAVING just before shewn which Waters are most proper for medicinal Use, we go on now to prove the Excellence and universal Virtue of pure Water; and our first Position is, *That pure and light Waters are agreeable to the different Natures and Constitutions of all Men*: For since the regular Circulation of the Fluids through their Canals and the finest Vessels is what secures the Body from Corruption, and keeps the Blood and Juices in constant Motion, Water must needs be appropriated to the Continuation of Life.

THE Blood and Animal Juices are a Composition of heterogeneous Parts, and extremely subject to Corruption in a State of Warmth, Indolence,



Indolence, and Moisture. To prevent the Fluids from thus corrupting, and from thus infecting the other Parts of the Body, it is certainly necessary they should never stagnate. Hence these subtil solid Particles, both oily and earthy, should not only be kept in a perpetual Motion among themselves, but also circulate in a progressive Motion through the finest Tubes of the Body, in order to divide the solid Parts of the Blood into Globules extremely fine, by means of Attrition, Action and Reaction between the Juices and the fibrous Parts. Whence appears the Necessity of pure Water to secure this indispensable Effect: And hence it comes to pass upon Examination of the Blood taken from a healthful Person, we find two Parts of a Fluid to one of dry and solid Matter.

FROM the Whole we infer, That nothing is better fitted, or more necessary towards prolonging Life, than Water, being perfectly agreeable to the Nature of the human Body, and without which it cannot be preserved for any considerable Time.

WHOSOEVER will carefully consider and can perceive the Justness of this Account, must in our Opinion readily allow, that a proper Fluidity of the Blood is absolutely necessary to obtain a free and equal Circulation, by means whereof the Vessels are always kept open, Obstructions prevented, Excretions secured, Stagnations hinder'd, and the Causes of all Distempers extirpated; and whether there be in Nature

ture a better Remedy for procuring this Fluidity to the Blood, we shall leave to the Judgment of more able and experienced Physicians to determine.

AGAIN: It is a common Opinion, that drinking of Water is hurtful to those who eat Fruit; but this is a very great Mistake; for in *France*, *Spain*, and *Portugal*, Water is the common Drink, and yet these Nations freely eat Fruit all the Summer without any Inconvenience.

BESIDES, Water-drinking preserves the Teeth sound and white, is good in the Gout, and proper for Defluxions, Head-ach, Epilepsies, Dimness in the Eyes, Asthmas, Melancholy, Itch and Scurvy.

## SUGAR

Is made of the Juice press'd out of the Pith of a Reed or Cane, which grows in several Parts of the *Indies*, rises to the Height of six or seven Feet, and is full of Knots. At each of these Knots the Leaves grow out, being long, narrow, and of a blueish Green.

Its sweet Taste proceeds from a strict Union of the salt and sulphureous Particles; and it undergoes several Operations before it can be brought to that Whiteness and Fineness in which we see it.

THE medicinal Effects of Sugar differ in Proportion to its Fineness. The brownest is the sweetest, as it contains the most Oil, which makes it stick to and stay a longer time upon the

the Palate; this Sort therefore is most opening, and the fittest for Purge or Clyster. The Loaf or Refin'd Sugar is of a binding Nature, but useful where Phlegm abounds, as it provokes Spitting. It is also good in a Cold, allays the sharp Humours of the Breast, and attenuates viscid Matter.

*Of the Preparation of ALIMENTS, with  
Observations on the Benefits of a SPARE  
DIET.*

ALL Sorts of Grain or Bread-Corn, when they have been dried, cleansed, and ground, are first mix'd with Water, then well fermented, and afterwards variously cook'd by Fire, whereby they are much better fitted for performing their several Actions, and renovating the several Parts of the Human Body.

As soon as the Meal is mix'd with Water, kneaded into an uniform Paste, and surrounded with warm Air, it begins to swell, emits a strong sourish Smell, also gains a sharp acid Taste; and such a State of it is call'd *Fermentation*, by which Operation the Meal loses its glutinous Quality, becomes friable, and mixes more easily with Water: And Experience assures us, that those things are most easily digested which dissolve the most readily in Water, and those the most difficultly which are least apt to mix with that Fluid; and this is the Reason that fat Substances



Substances of all Sorts are the hardest of Digestion, and very difficultly assimilated.

BUT as such acid Smell and Taste are both prejudicial to the Body and unpleasant to the Palate, the Fermentation therefore is made to cease; and this is done by Fire, or baking the Dough into Bread, which frees it from a great Part of its superfluous Moisture, and at the same time discharges the sharp aerial Fumes which were occasion'd by such Fermentation. Thus placed in the hot Oven, the Fire by degrees raises the Bread, and renders it more dry, firm, and eatable.

If it be bak'd a second time in the same Heat, it is then call'd *Biscuit*; which, if preserved free from Insects, will keep sound for Years in the very hot and moist Air, even under the *Equator*, where it corrodes Iron.

BREAD thus prepared easily dissolves in Water, notwithstanding its Hardness, without becoming glutinous; and this Biscuit is of all Breads by much the most wholesome.

THEY who eat Rolls, or Cakes, will perspire a Pound less in the Day than they otherwise would.

THE different Methods of preparing animal Food, are first by beating the Flesh, which always makes it more tender, luscious, and easy of Digestion; because the Juices are hereby extravasated out of the broken Vessels, and distributed between the fleshy Fibres.

HANGING up the Joint of Meat, and keeping it a moderate Time in the Air, also renders it the more tender and grateful to the Palate, and so much easier of Digestion, that a Person may eat double the Quantity without any Prejudice to his Stomach, that he could of the Meat which is fresh kill'd. For by this Method the Juices of the Flesh begin to ferment, and incline towards Putrefaction, and the Parts of the Humours become more volatile, the Salts more pungent, and the solid Parts more tender.

THE same Effect also is produced by hunting or chasing the Animal with Dogs before it be kill'd, so that the Game which are taken this way are always much better, and generally preferr'd to home-fed and kill'd Animals of the same Species, on account of their higher Flavour.

FLESH boil'd in Water is apt to communicate all its Virtue to the Broth, insomuch that if you change the Water, and repeat the Boiling, every Thing which is agreeable to the Palate, and nourishing to the Body, may be extracted, so as to leave nothing but an useless and insipid Skeleton behind, and the Broth will possess all the Virtues of the Meat.

IN roasting Flesh at a naked Fire, you may observe a brown Crust form'd upon the Surface of it, which keeps in all the Juices strongly agitated by the Fire, and by that means more strongly tending to an alkaline State. The whole  
Joint

Joint of Meat is thereby more palatable, dry, and easy of Digestion. The open Fire thus performs a Change upon the Salts and Juices of the Meat in a little time, which a moderate Heat does in many Days; and roasted Meat is more perspirable than boil'd.

FRYING is the dressing of Meat in a Pan, over the Fire, with Butter, or other oily Substances. By this Method the Meat becomes very hard of Digestion to weak Stomachs, where it quickly turns rank and sour; and this is the Reason, that Meat dress'd in this manner is as bad as Poison to feverish Patients, and ought to make the least Part of salutary Diet, because the Flesh which is dress'd in this manner undergoes a much more violent Heat, than that which is boil'd: For Oil requires six hundred Degrees of Heat, by the Thermometer, to make it boil, whereas Water will boil with two hundred and twelve Degrees; so that the salt and oily Parts of the Meat are made so much more acrimonious by the intenser Heat.

WE come now to say something of those Substances which are used for Sauces, either to create an Appetite, or promote Digestion, or to render our Aliments more pleasant, and more agreeable to the Taste. For these Purposes, Salts of all Kinds come into Use: Of which some are acid, as Wine, Vinegar, Juice of Citrons, Lemons, *Seville* Oranges, &c. These being mild Acids, give an Appetite to weak Stomachs, and prevent the Sourness and Sick-  
ness,



ness, which otherwise too frequently proceeds from oily and fleshy Aliments: Nor do they excite an Appetite by increasing the Ferment of the Stomach, but rather promote Digestion, by preserving the Aliment in a sound State, during its Separation in the Stomach.

VINEGAR is a volatile Salt, created by repeated Fermentations; its Sharpness is both mild and grateful, not apt to curdle any of the animal Fluids except Milk, whatever Opinion the Vulgar may have of it; for it certainly dilutes and attenuates the Fluids, corrects and prevents Putrefaction in them, and in no small Degree strengthens and binds up the solid Fibres. It has also been esteem'd, by all, the best Medicine to prevent the Infection of the Plague, as its Smell is reviving in all putrid Diseases.

AROMATICS and Spices are vegetable Substances, which exceed the rest in the Strength and Agreeableness of their Smell and Taste, join'd with a pungent Warmness on the Tongue.

SOME of these are of our own Growth, as Angelica-Root, Southern-Wood, &c. which deserve the Name of Aromatics, as well as Pepper and Ginger, though the Generality of them are imported from the *Indies*.

THESE Aromatics abound with a subtil Oil, in which is concealed the Strength of the Vegetable, as a Spice. By this Principle, they wonderfully excite the Nerves, and stimulate the solid Parts, cause more large and frequent  
Vibra-

Vibrations and Contractions; and 'tis for this Reason they are said to be hot, for by increasing the Motion of the Solids, and the Fluids contain'd therein, they also produce Heat.

IF a Thermometer be put into a Heap of Pepper, it does not shew the least Heat by any Ascent; and if Pepper be applied to a dead Body it does not create the least Heat, or make it warmer than before: But when taken into the living Body, by stimulating the solid Fibres, and causing a Contraction of the Vessels, it increases the Motion of the Blood and produces Heat. To these may be added all Sorts of Pickles, which yearly increase with our Luxury, and may all be reckon'd as Sauces. Such was the choice *Garum* of the *Romans*, a Pickle made of the strongest Salt and the Liver of the Fish *Scombrus* dissolv'd together; the *Russian Caviare*, made from the semiputrid Ovary of the Fish *Accipenser*; the *French Botargue*, *Anchovies*, &c. the Strength of all which chiefly depends upon the Sea Salt.

IN the next Place we shall consider the Advantages arising from a slender or spare Diet.

THE Great Creator favour'd our first Parents with eating of Garden-Fruits only, but he afterwards indulg'd *Noah* with Flesh of all Kinds; though 'tis evident that many People have been supported all their Lives with nothing but Vegetables and Water, long since those early Times; and what is more, whole Nations have been contented to live in that Manner.

*of preserving* HEALTH. 73

THE *Brachmans*, or most ancient Philosophers, who were call'd by the Greeks *Gymnosophists* from their going naked, and were particularly esteemed by *Herodotus* for their Antiquity and strict Morality, never admitted any thing but Vegetables, and the superfluous Humours of Animals, such as Eggs, Milk, Honey, &c. for their Food; nor was their Health in the least impair'd by such Restriction: Nay, their Lives were rather prolong'd hereby, and their Minds better fitted for Meditation, and the Improvement of all curious Knowledge. Even many devout *Christians* of later Times, having retreated into sandy Deserts from Public Tyranny, have supported a long and healthy Life by the Roots of Vegetables, and other natural Products of the Earth, with simple Water which they met with in those barren Places.

ALL the Inhabitants of the maritime Parts of *Asia*, from *Balsora* to the *Ganges*, for the Space of a thousand Miles in Length, fed upon Plants; and the very robust Natives of *Brasil*, who before the Approach of the *Europeans* often grew to be seven Feet high, lived upon nothing but the Grain of Maize, Sugar, and Oranges; but now they are reduced to the Customs, and subject to the Diseases of the *Christians*.

THE ancient Philosophers, at the Head of whom are *Plato* and *Socrates*, lived to a great Age by a plain and frugal Manner of Eating; and the former frequently recommends the Practice



Etice of Abstinence to those who have any Regard for their Health and Happiness. The Example of *Cornaro*, a Noble *Venetian*, who by an exact Regularity of living attain'd to the Age of one hundred and twenty Years, is a notable Instance and an evident Proof of the great Efficacy of Temperance in Diet, to make Life long and healthy.

A CERTAIN Gentleman of Learning being much delighted with the Prospect of a strong Camp in *France*, began to take a Draught of it, for which he was seized as a Spy, and confined in a subterraneous Prison, where he lived several Months upon Horse-beans and Water. For a few Days this unaccustom'd Diet disagreed with him, but at length it became so natural, that he has been often heard to declare, after he had got his Liberty, that he hardly ever enjoy'd a better State of Health, or a greater Flow of Spirits, than when he fed upon that coarse Diet in Confinement.

IT is a common thing for People to live many Years upon nothing but Milk, to prevent the Return of Fits of the Gout. *Calanus* the *Gymnosophist* was inferior to none of the *Greeks* either in Quickness of Understanding or Sharpness of Wit, though he supported himself upon Wheat and Water only.

THE Slaves who row the Gallies in the *Mediterranean*, and continually undergo the hardest Labour, enjoy good Health by feeding only upon Biscuit, Vinegar, and Water.

FROM

FROM the foregoing Instances the great Use and Benefit of a regular and plain Diet manifestly appear: And as no Man is so well skill'd in the Animal Structure, as to be capable exactly to determine what Quantity of Food should be taken into the Body to keep it healthy, and to answer all the Purposes of Life; it seems reasonable to think, that such Persons as use the most Exercise, or are continually inur'd to hard Labour, ought to eat and drink more plentifully, and that Men of an idle and sedentary Life should beware of indulging themselves in either.

*Hippocrates* was of Opinion, that old Men require less Food than those who are young, or in their Prime; and that it is a good Rule to lessen the Quantity yearly as Age increases: *For* (says he) *it was from putting this Observation in Practice, that the famous Cornaro before-mentioned procured his Health and Longevity.*

IF a Person be in perfect Health, he should always rise from the Table with some Appetite; and the Quantity we eat is always too much, when it extends the Stomach, or causes Pain and Uneasiness by pressing upon the Diaphragm. If likewise either the Mind or Body is thereby render'd less fit for Action than it was before, that is, if the Man after eating be made incapable of Labour or Study, he has exceeded in Quantity, and eaten too much.

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C H A P. III.

*Practical RULES of DIET and REGIMEN,  
adapted to different Constitutions, and suit-  
ed to the various Diseases incident to them.*

I N handling this Part of our Subject, which is no less extensive in itself than important to Mankind, we must above all things observe, that some Diseases are *simple*, and others *compound*, or complicated of a Variety of Symptoms. In treating the former Class, both Physician and Patient are to be regulated according to the various Stages and Turns of the Distemper; whereas in managing the latter, the Physician ought to direct his principal View to that Symptom which seems to threaten the Life of the Patient most immediately. But as Observations of this Kind are both too abstruse and medicinal for every Reader, we shall descend to such minute and particular Directions, as the meanest Capacity cannot mistake.

*Weak FIBRES.*

I T is therefore to be observed, that various Disorders, for many of which our Physicians have found no Names, arise from a weak and flaccid State of the Fibres; but generally speaking most of them are attended with some one or other, or perhaps the whole of the following Symptoms,



Symptoms, viz. Paleness of Complexion, Weakness of the Pulse, Palpitations of the Heart, a soft and relaxed State of the Muscles, Laziness, Lassitude, Bloatedness, and scorbutic Spots. Most People are in an egregious Mistake, when they take a lean Person to be weak; since though a Muscle may possibly be small in Bulk, yet the Fibres composing it may be incredibly strong and elastic. This Observation sufficiently accounts for the Possibility (if I may use a low-liv'd Phrase) *of a Skeleton's boxing a Giant and coming off victorious.* However, passing Reflections of this Nature, it is certain from Experience, that Persons of weak Fibres ought to avoid all copious and immoderate Evacuations, and especially that procured by Venesection. They must also no less carefully guard against such Substances as are viscid and of hard Digestion, than against a sedentary Life, and the fatal Influences of a moist and humid Air. They ought to take frequently, and in small Quantities, such Aliments as are nourishing and of easy Digestion, as Milk, Broths, and Jellies prepared with Flesh. Their Drink ought, if possible, to be austere Wines mix'd with Water; and if their Stomachs can bear austere vegetable Substances, they will reap considerable Advantage from them. Of this Kind are Quinces, Pomegranates, Barberries, Medlars, Sorrel, Purslain, Burnet, Tamarinds, and Capers.

*Too Strong FIBRES.*

PERSONS of too strong and elastic Fibres have their Bodies hard, dry, and firm; their Muscles are rigid, and their Pulse is strong; in consequence of which Circumstances they are often subject to inflammatory Disorders. Their Diet ought to be emollient, light, and cooling; which Ends are excellently answer'd by the Pulps, Juices, Jellies, Mucilages, and Decoctions of Strawberries, Oranges, Citrons, Apples, Pears, Peaches, Mulberries, Apricots, Gooseberries, Currants, Grapes, and Figs. Constitutions of this Kind also reap considerable Advantage from animal Oils, and other Substances of a like Nature; but they are injured by salt and high-season'd Aliments, fermented Liquors, and immoderate Exercise. Their Drink should be Water, Barley-water, or Whey. The Use of a moderately warm Bath is also highly agreeable to them, by the Relaxation it produces in their Fibres.

*PLETHORIC Constitutions.*

THE Signs of this Species of Constitutions come under the Cognizance of every Person who has Eyes, though very few generally advert to the various Degrees of Danger with which it is attended. This Habit of Body is generally brought on by a strong Digestion of the Aliments, Want of due Exercise, too much Sleep, and a Suppression of the usual Evacuations,

tions, especially that by Perspiration; so that a Removal of these must of course be the most proper Method of altering such a Constitution. Plethoric Persons are subject to Stoppages of the Circulation, and consequently exposed to the Danger of Suffocations, Ruptures of the Vessels, and, what is still more formidable, to sudden Death. Long Fasting is highly dangerous to plethoric Persons, because it has a Tendency to inspissate the Fluids, and prevent their free and easy Circulation. But there is one Error still more fatal to Persons of this Habit, which is, the frequent Evacuation of small Quantities of Blood; since this Practice, by augmenting the Force and Strength of the Organs, must consequently add a proportionable Supply to the Cause of the Disease. Persons of this Habit ought carefully to avoid all oleous and nourishing Substances, and, if possible, live rather upon aqueous Vegetables than on animal Food. Fish is also proper, as being less nourishing than Flesh; for which Reason we generally observe that People fall away in *Lent*.

SANGUINEOUS *Constitutions*.

PERSONS of this Constitution are known by the red and florid Colour of their Countenance; and though they generally appear to be hardy and robust, yet they are subject to various terrible Disorders, such as Hemorrhages, Inflammations, especially of the Lungs, Imposthumations, and frequently to scrophulous Distempers.



pers. Sanguineous Persons ought carefully to avoid every thing that has the least Tendency to augment and accelerate the Circulation of the Blood, such as violent Exercise, hard Riding, and long Watching. Acid Substances are beneficial to sanguineous Persons, especially Vinegar, as also most ripe Garden-Fruits, fermented Liquors, small Wines with little Oil and much Tartar, Milk, Butter-milk, Sorrel, and some other Plants whose Acidity is discovered by the Taste. The Sanguineous ought carefully to avoid the copious Use of all Substances which abound with an acrimonious Salt, or an highly-exalted Oil, as Mustard, Onions, Garlick, Cinnamon, Mace, Nutmeg, Cloves, Ginger, and Pepper; since these in sanguineous Constitutions, by increasing the Motion of the Fluids and the Force of the Solids, bring on a numerous Train of inflammatory Disorders. For the same Reason it is improper that Persons of sanguineous Habits should indulge themselves in the Use of Thyme, Marjoram, Rosemary, Mint, and Fennel; since these, however beneficial in other Cases, are yet too hot and stimulating for Persons of this Habit.

*Constitutions subject to ACIDITY.*

| AN Habit of this Kind is generally accompanied with sour Eructations, Cholic Pains, dry Gripes, a sourish Smell in the Excrements and Sweat, a pale Colour, and a low Pulse. This Acidity is first generated in the Stomach and  
In-

Intestines, whence it is sometimes convey'd to the Blood and other Juices. Persons of this Constitution ought to abstain from the copious Use of acid Substances, such as Garden-Fruits, farinaceous Vegetables, Wines abounding with Tartar, Sorrel, and all Plants of a similar Nature. Their Diet ought to consist rather of animal than of vegetable Substances, since the former are more opposite to Acidity than the latter. Persons of this Constitution ought to use a great deal of Exercise, since labouring People have generally a strong and vigorous Digestion, which is sufficient to subdue the acid Qualities of their Aliments. It will not be improper to observe on this Occasion, that Acidities in the Stomach and Intestines of sucking Infants are most properly removed by making the Nurse use an alkaline Diet. To know whether Eruptions of the Skin arise from an acid or an alkaline Cause, we must carefully advert to the previous Diet, and concomitant Circumstances. Thus Children are often afflicted with cutaneous Eruptions, after eating large Quantities of unripe Fruit; and as this Circumstance indicates Acidity, so they are accordingly heal'd by the Use of animal alkaline Salts.

*Constitutions in which a spontaneous ALCALI predominates.*

THIS Species of Constitution is known by the Patient's Heat, Thirst, Foulness of the Tongue and Palate, nidorose Eructations, Sick-

ness, Vomitings, bilious Stools with a cadaverous Smell, and Pains of the Belly. This Cause not only disposes the whole Humours of the Body to Heat, Inflammation, and Putrefaction, but also frequently produces livid or dark-colour'd cutaneous Eruptions; and this Disorder is commonly call'd the *hot Scurvy*. Persons of this Constitution ought carefully to avoid all Substances of an alkaline Nature, such as animal Food of every Kind, but especially the Fleshes of such Animals as feed on others, since these are in themselves highly alkaline. Of this Kind are various Species of Water-Fowls, Snipes, Woodcocks, and a great many of what we commonly call the Small Birds. Besides, it is to be taken for a general Rule, That Persons whose Fluids are disposed to an alkaline Quality ought copiously to use acid Substances, Garden-Fruits, fermented Liquors, Wines abounding with Tartar, and farinaceous Substances. But they ought by no means to use violent Exercise, or accustom themselves to long Abstinence, since both these dispose the Fluids to assume an alkaline State. Persons of plethoric Constitutions are very subject to fall into this alkaline State of the Fluids, which is more dangerous than that proceeding from Acidity; since the Bile, which is the strongest Antacid, when become highly exalted and acrimonious, is capable of producing all the various Symptoms of malignant and pestilential Fevers.

PHLEGMATIC



PHLEGMATIC *Constitutions.*

PERSONS of this Habit of Body are often afflicted with a Sicknefs of the Stomach, a Senfe of Fulnefs without eating, Crudities, Lofs of Appetite, Eructations, frequent Vomitings of tough Phlegm, Inflations and Tumors of the Belly, Palenefs, and fometimes a Shortnefs of Breathing. When Children grow pale, and have a Diffenfion of the Abdomen, which is generally the Cafe with thofe who are ricketty, we may infallibly conclude that a viscid *Mucus* blocks up the Orifices of the Lacteal Veffels, fo as to prevent their admitting the nutritious Juices. Persons of fuch Conftitutions ought to avoid farinaceous Subftances, viscid Aliments, Venefection, except on urgent Occafions, and if poffible Sweating, which, by carrying off the thinner Parts of the Fluids, leaves the Remainder proportionably thicker, and confequently augments the Diforder. The Diet moft proper for Persons of this Kind ought to confift of thofe Subftances which have a Tendency to render their Humours alkaline, fuch as the various Flefhes generally ufed, Shell-Fifhes, Afparagus, Parsley, Sellery, Garlick, Roccambole, Efchalots, Creffes, Radifhes, Mustard, Leeks, Thyme, Rosemary, Savory, Bafil, Marjoram, and, in a word, every thing which exalts the Bile; fince bilious and phlegmatic Conftitutions are directly oppofite to each other. Children alfo of a phlegmatic Difpofition ought to ufe a warmer Diet

Diet than would be proper on other Occasions. Persons of this Habit ought principally to drink fermented Liquors, and rich Wines, which put the Blood into a brisker Motion.

*Constitutions in which a preternatural THINNESS of the BLOOD predominates.*

PERSONS cursed with this Misfortune are generally afflicted with Thirst, Emaciation, and profuse Secretions, by Urine, Sweat, and Stool. For such Persons no Aliments are more proper, than those already recommended for a preternatural Debility or Relaxation of the Fibres, as Quinces, Pomegranates, Barberries, and other astringent Vegetables. Milk, boil'd with Rice, has been often found highly beneficial in Cases of this Nature; and it is equally consonant to Reason and Experience, that such Persons ought rather to live on solid, than on liquid Aliments.

*Of CORPULENT or PINGUIOUS Constitutions.*

THOSE we commonly call fat Persons ought to eat and sleep very moderately, but use a great deal of Exercise; and this is, perhaps, the safest and most natural Way of removing their Misfortune, which is also lessen'd by whatever Substances are moderately healing, and abound with pungent, acrid Salts, such as Mustard, Horse-Radish, Garlick, Onions, Spices, aromatic Plants, and high-season'd Foods; but they are attended with this Disadvantage, that by creating Thirst they

they lay a Foundation for drinking too much; and 'tis universally confess'd, that large Quantities of Liquor relax and destroy the Tone of the Solids. For this Reason, some of the most sagacious, instead of these, prescribe the astringent Substances, before recommended for a Weakness of the Fibres, because the Fibres of fat Persons are generally too lax. Frictions of the Skin with warm Cloths are highly beneficial, because they promote Perspiration, and consequently lessen the Bulk of the Body. Though fat Persons ought carefully to avoid all oleous and pinguious Aliments, yet saponaceous Substances, consisting of Oil and Salt, are proper for them, being of a resolvent Nature: Of this Kind are Honey, Sugar, and ripe Garden Fruits. The Liquors most proper for fat Persons are thin Wines, and as Coffee or Tea dilute and stimulate gently, they may prove beneficial, but large Quantities of oleous and fermented Liquors increase the Disorder, as does also a moist Air, by relaxing the Fibres and stopping Perspiration.

*Of* MELANCHOLIC *or* ATRABILARIOUS *Constitutions.*

A DISPOSITION to this Habit of Body is generally accompanied with a dark Colour of the Countenance, a Dryness of the Skin, Leanness, and frequently with uncommon Penetration, and Force of Genius. For Persons of this Constitution, Dilution is highly beneficial, especially



especially by Water impregnated with some penetrating and detergent Salt. They also reap Advantage from such Substances as cool the Fluids, preserve a due Solubility of Body, and resolve the Bile. Of this Kind are Barley-water, Whey, ripe Garden Fruits, emollient Pot-herbs, especially Lettuce, Succory, and Dandelion: But in melancholy Constitutions, nothing is thought to produce so salutary Effects as Honey. But Persons of this Habit ought to guard against such Substances as are hot, promote too brisk a Perspiration, or abound with an acrimonious Salt or a volatile Oil. They ought with no less Care to avoid such Aliments as are viscid and hard of Digestion, such as smoak'd Flesh or Fish, and, in a Word, every Thing which inspissates the Fluids: But in this Case the safest general Rule is, that the Patient's Diet ought to be opposite to the particular Kind of Acrimony which produces the Disease.

*Faulty Motion of the FLUIDS.*

BESIDES these Directions, with Respect to the Management of particular Constitutions, it is to be carefully observ'd, that the human Fluids may be faulty with respect to their various Degrees of Motion, as well as peccant in their Qualities, since they may either move too slowly or too quickly, or be totally obstructed. Those whose Circulation is too slow may safely use Substances abounding with a pungent and acrid Salt, as Mustard, Horse-Radish, Garlick, Onions,

Onions, and Substances of an aromatic Nature. In a Word, they are to be treated according to the Directions already laid down, with respect to corpulent and phlegmatic Constitutions; whereas Persons whose Fluids move too briskly ought to live in the Manner directed for those of bilious, hot, and alkaline Constitutions. Though in inflammatory Obstructions of the Vessels, a cool, slender, and diluting Diet is safest; and though Substances of a saline Quality stimulate and increase Inflammations, yet in some Cases it is proper by volatile Salts to attenuate the Blood, and by that means remove the Obstruction. But 'tis certain, that all stimulating Substances increase the Inflammation, if they do not remove the Obstruction. In cold Tumours, when the Intention is to dissipate and attenuate, the Diet ought to be at once of a diluting and stimulating Quality, such as saponaceous Substances, consisting of Oil and Salt.

### *Of* WOUNDS.

IN recent Wounds, the Aliments ought to be mild, of easy Digestion, and such as not only prevent the Putrefaction of the Humours, but also render them oleous and balsamic. But when a Suppuration is intended, the Aliments ought to be somewhat hotter and more copious, since by these Means a Putrefaction is brought on. When a Wound or any other Sore is healing, the Patient's Diet ought to be such as has a Tendency to lengthen the Fibres, without

out breaking them, since it is by such an Elongation of the Fibres that Sores are healed. For this Reason the Diet is to be varied according as the Fibres are lengthen'd, become too flaccid, or produce Callosities. In the first Case Wines and other spirituous Liquors prove beneficial, but are no less injurious in the last.

HAVING now consider'd the several Diets most proper for different Constitutions, we proceed to take a View of those best suited to the various Diseases incident to the human Body. These Disorders then being either acute or chronic, we shall begin with the former Class, the most considerable of which are Fevers.

### *Of FEVERS, and their various Symptoms.*

As a Disorder is, properly speaking, no more than a Combination of the several Symptoms with which it is attended, we shall briefly run over the several Symptoms of Fevers, and point out the Diet or Regimen most proper in each. A right Regimen is of great Importance during the *cold Fit* in the Beginning of a Fever, for on such Occasions all hot Cordials and stimulating Substances are absolutely improper; since the former, acting with Force on the Right Ventricle of the Heart, may drive the Blood too impetuously through the Lungs; whereas the latter, by constricting the Vessels, have an immediate Tendency to augment this Symptom. But in such cold Fits nothing is more proper than Water, which dilutes and relaxes at the same



same time, and must on that account terminate the cold Fit, and throw the Patient into a Sweat, sooner than the richest Cordial; and if a small Quantity of *Rhenish* Wine be mixed with this Water, it proves still more effectual. Strong Frictions of the Extremities are also beneficial in the cold Fits of a Fever.

IN the *Anxieties*, however, which accompany Fevers after the cold Fit is over, a warmer Regimen may be allowed, since these often arise from Spasms produced by Wind. In such *Anxieties* those Things are indicated which dilute the Blood, such as saponaceous Substances, ripe Fruits, and some of the lactescent Plants, such as Lettuce or Endive; but nothing more effectually produces that Effect than Honey.

For allaying febrile Thirst the Liquors should not be drank entirely cold, since these, by constricting the Glands of the Palate and Throat, do not quench Thirst so well as moderately warm Liquors. Gently acid Liquors should on Occasions of this Nature be plentifully drank; but all Salts increase Thirst, except Nitre; and dulcified Spirit of Nitre mix'd with Water is highly beneficial in this Case, as also Barley-Water and Emulsions, except in great Weakness and Flatulencies of the Stomach, on which Occasions Water mix'd with a small Quantity of *Rhenish* Wine is most proper.

SICKNESS and *Vomiting* are two of the most terrible Symptoms generally attending a Fever, since they often render the Patient incapable of  
using

using the Medicines best calculated for his Cure. However, they may be in a great measure prevented by giving a Vomit, or cured by promoting the Vomiting by means of tepid or moderately warm Water. During these Symptoms acidulated Liquors, and even such as are pretty austere and astringent, are certainly most proper, because they strengthen the Fibres of the Stomach. Vomiting and Sickness are also often cured by a proper Purge, calculated for carrying the bilious Salts downwards. A Vomiting arising from a bilious Cause is best cured by gently acid Liquors, whereas that produced by a putrid Cause is removed by Salts of all Kinds; and in this latter Case, Water-gruel with Cream of Tartar, *Rhenish* Wine and Water, Jelly of Currants, Marmalade of Quinces, and Sorrel boil'd in Broths well skimm'd from the Fat, are thought to be of singular Service. If the Vomiting proceeds from a Redundance of Bile, aromatic and bitter Substances afford the most effectual Relief: But it is carefully to be observed, that a Vomit is never to be exhibited in Inflammations of the Stomach, since by this means the Inflammation is augmented.

THE Flatulencies and Spasms generally accompanying Fevers arise from the febrile Heat expanding the aerial Particles contain'd in the Fluids; so that these two Symptoms are most properly to be removed by anodyne and cooling Substances.

THE Weakness generally attending Fevers proceeds either from too great Fulness in the Beginning, or too excessive Inanition in the latter End. The former of these Cases calls for Evacuations and the Use of Diluents, whereas the latter indicates the Propriety of a more copious Nourishment, Jellies and Broths, the alkaliescent Quality of which may be corrected with some Acid. In Weaknesses arising from Loss of Blood, the greatest Relief is afforded by generous Wines, and such Aliments as are easily converted into Blood. Though what we call Cordials, or spirituous Liquors, increase the Force of the Heart, and are sometimes necessary to maintain the vital Functions, yet they are far from being proper in Cases of this Nature, since they congeal and inspissate the Fluids, and by that means augment the Symptom.

THE *preternatural Heat* attending Fevers is discover'd by applying the Hand to the Patient's Skin, by the red Colour of his Urine, the Sickness of his Blood, the Strength and Frequency of his Pulse, and the Dryness of the Body. This Symptom is allay'd by Rest, Venesection, bathing the Feet and Legs, and using for Drink aqueous Liquors not cold but tepid. Patients afflicted with this Symptom ought also to use gently-acid Substances, such as Jelly of Currants dissolved in warm Water. It is also to be observed, that nothing more augments this Symptom than a Load of Bed-cloaths, which



which generally proves hurtful to Persons in Health.

A *Delirium* accompanying a Fever is greatly alleviated by bathing the Feet and Legs in warm Water, and by an hemorrhoidal Discharge; for which Purpose we are to use Suppositories prepared of Honey, Aloes, and Rock-Salt.

AN irresistible Propensity to Sleep, commonly call'd a *Coma*, frequently accompanies a Fever, and is most properly removed by Venesection, and procuring a due Solubility of Body.

WATCHFULNESS is one of the most terrible Symptoms with which a Fever can be accompanied, since by its means all the other Symptoms are generally augmented. The most proper Methods of preventing or removing it are to preserve the Patient as much as possible from Noise, and every thing that may make a strong Impression on his Senses. He must also use a most softening Diet, such as Preparations of Barley, Emulsions of Poppy-Seeds and Almonds, Lettuces, Decoctions of Scorzonera-Roots, Almond-Cream, and an Infusion of Cowslip-Flowers by way of Tea. *Boerhaave*, whose Judgment may be depended upon, orders the Air of the Room to be perfumed with the Smell of soporiferous Plants, such as Poppies, Mandrakes, Night-shade, and Bean Flowers. He likewise advises the Application of Cloths dipp'd in Vinegar to the Temples.

IN the Cure of Convulsions attending a Fever, it is of the greatest Consequence to discover their respective Causes, since the Cure must be accordingly varied. Thus, when they proceed from an Acidity in the Stomachs of Infants, they are safely and easily removed by absorbent Medicines, such as the various Preparations of Crabs Eyes and Claws. Convulsions arising from some Acrimony in the Stomach, or from something vellicating the Extremity of a Nerve, are not so dangerous as they are commonly imagined, since they are cured by removing that Acrimony, or the vellicating Substance. Those Convulsions, on the contrary, which proceed from violent Evacuations, and especially excessive Hemorrhages, are full of Danger, and must have their Remedies proportion'd to the particular State and Condition of the Patient. Those arising from Inflammations of the Membranes of the Brain are generally fatal, since it is hardly possible that Medicines can reach the Seat of the Disorder before it is too late. Convulsions have also been frequently observed to arise from some viscid Substance impacted in the Brain; in which Case all hot, volatile, and aromatic Substances increase the Disease, whereas Diluents and gentle Purgatives afford Relief.

VIOLENT and profuse Sweats in Fevers deprive the Blood of its most fluid Parts, and by that means produce Obstructions; so that in Fevers, except those of the pestilential Kind, it

it is far from being a laudable Practice to force copious Sweats by hot and stimulating Substances; and it is much to be lamented, that Nurses and Country People cannot be convinced of this important Truth, since they are never easy, till by profuse Sweats they bring on such an inflammatory State of the Blood as proves mortal. But when such Sweats are spontaneous, we are by diluting Liquors to restore what the Blood has lost. This Purpose is excellently answer'd by moderately warm Water acidulated with Lemon-Juice. The Patient ought also to be lightly cover'd in Bed, to enjoy if possible a cool Air, and to use Aliments of a moderately astringent and acid Nature. Spirituous Liquors are by some celebrated Physicians recommended in Cases of this Kind; but though on particular Occasions they have produced happy Effects, it is more advisable to use Decoctions and other Preparations of *Sage*.

A *Diarrhœa*, or what the Vulgar call a Looseness, is certainly an unlucky Symptom in Fevers, because it gradually exhausts that vital Force and Strength of Nature, which, by struggling with the Disease, often produces the best and safest Cure, since in Cases of this Nature a Relapse is hardly ever to be dreaded. As febrile Fluxes generally proceed from an alkaline or bilious Matter, so they are most effectually removed by acid Substances. Oleous Medicines also produce a happy Effect, because by  
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*2. 10. 15. 16. 17. 18. 19. 20. 21. 22. 23. 24. 25. 26. 27. 28. 29. 30. 31. 32. 33. 34. 35. 36. 37. 38. 39. 40. 41. 42. 43. 44. 45. 46. 47. 48. 49. 50. 51. 52. 53. 54. 55. 56. 57. 58. 59. 60. 61. 62. 63. 64. 65. 66. 67. 68. 69. 70. 71. 72. 73. 74. 75. 76. 77. 78. 79. 80. 81. 82. 83. 84. 85. 86. 87. 88. 89. 90. 91. 92. 93. 94. 95. 96. 97. 98. 99. 100.*

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obtunding the Acrimony of the peccant Matter they prevent the Irritation of the Intestines. Every one may, upon the Principles of common Sense, readily imagine, that during Fluxes solid Aliments must be more proper and expedient than those of a liquid and diluting Kind.

THERE is a particular Species of Fever, commonly call'd an *Ephemera*, which lasts but for a Day, and is generally produced by violent Exercise, Intemperance, or an uncautious Use of what we call the *Non-naturals*. This Kind of Fever is in itself entirely free from Danger, since it is no less universally than effectually cured by Abstinence, and the Use of diluting Liquors.

A BURNING Fever generally proceeds from the same Causes, and may for the most part, if it is not of the putrid Kind, be cured by the same Means. The Symptoms with which it is most commonly accompanied are an intense Heat of the Surface and internal Parts of the Body, a Coldness of the Extremities, an Asperity of the Tongue, a laborious and short Respiration, Watchings, and sometimes a Delirium. This Species of Fever is often terminated by an Hemorrhage from the Nose, which ought not to be stopp'd, except when it proves so copious as to endanger Life. It commonly proves fatal, when it is accompanied with a Discharge of bloody Urine, a difficult Deglutition, and cold Sweats about the Head and Face, which afford no Relief. Under this Fever, the  
Air

| Air of the Patient's Room ought to be kept cool, and untainted with Fire, Smoke, or the Breaths of many People; few Bed-Cloaths are also to be used, and the Curtains kept open, so that the Air may be frequently renew'd, which is no less grateful than beneficial to the Patient. The Liquor used for Drink should be cooling, mild, gently acid, and used frequently, though in small Quantities. The best Physicians order Water acidulated with the Juice of Lemons or Tamarinds. The Aliments ought to be light, and consist of farinaceous Vegetables, as Water-Gruel, Preparations of Barley with an Admixture of Lemon-Gruel, Rice boil'd in Whey, and Jelly of Currants, since Broths and Jellies prepared of animal Substances are rather of too hot and alcalescent a Nature. It is carefully to be observed, that all the Symptoms of this Species of Fever are augmented by the Use of hot and stimulating Substances, whether exhibited as Medicines, or used as Aliments.

### *Of Intermittent* F E V E R S.

| THESE in general are not only obstinate, but also frequently recur in spite of the best Remedies, and by being long protracted degenerate into various chronical Disorders, according to the Patient's particular Constitution, such as Dropsies, Jaundice, scirrhus Tumors, and virulent Scurvies. These Fevers differ prodigiously with respect to the Intervals between their Paroxysms, since Tertians sometimes re-  
double

double in such a manner as to appear Quotidian: But it is a general Rule, founded on Experience, that the longer Time there is between the Paroxysms, the less dangerous, though at the same time the more obstinate the Fever is. Thus we observe, that Quartan Agues are far more difficultly cured than those of the Tertian Kind. Different Measures are to be taken, not only during the Continuance and Absence of the Paroxysm, but also during the cold and hot Fits of the Paroxysm. During the cold Fit, which should be made as short as possible, nothing is better than a liberal Draught of cold Water, mixed with a small Quantity of *Rhenish* Wine, since this will bring on the Sweating or hot Fit much sooner than the richest and most delicious Cordials. Rigid Abstinence between the Paroxysms, though generally recommended, is yet so far from being beneficial, that it is highly injurious; since, by exhausting the Strength of the Patient, it renders him unable to bear the Shock of the subsequent Attack. Between the Paroxysms the Patient ought principally to use such Substances as correct and subdue the bilious peccant Matter whence the Disorder arises, such as nitrous Salts, small thin Wines with Water, Chicken-Broth with Lemon-Juice, and the express'd Juices of Succory and Dandelion. Violent Exercise between the Paroxysms is also highly beneficial; but the most important Expedient of all is to prevent the cold Fit by Frictions, by being warm cover'd

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*Chloris June 13. 1842. Surg. D.*

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## *The best Method*

in Bed, and by the Use of some safe sudorific Liquor. Venesection seldom produces good, but often fatal Consequences in Intermittent Fevers, unless some dangerous Symptom should render it necessary for the Preservation of the Patient's Life. Though Intermitting Fevers have sometimes removed particular chronical Distempers, such as the Gout and Convulsions, yet they generally leave in their stead others of an equally formidable Nature. We now proceed to consider inflammatory Disorders, beginning with what is call'd

### *A PHRENSY, or Inflammation of the Brain.*

As this Disease speedily proves mortal, so it requires the most timely and seasonable Remedies. Profuse Hemorrhages from the Nose have been sometimes found to resolve it; but copious Evacuations of Blood, by opening the Temporal Arteries, are most to be depended on. Substances which cool, and at the same time procure a due Solubility of Body, are highly beneficial; as Tamarinds boiled in Water, which used plentifully bring on a Looseness, which affords great Relief to the Head. The Piles, and Fomentations of the lower Parts in tepid Water, are also serviceable by drawing the Blood from the Brain to other Parts of the Body. The Diet ought to be slender, and consist of farinaceous Substances, as Water-Gruel acidulated, or gently-acid and ripe Fruits, and

and Jellies prepared of them. The Drink should be Water, Barley-Water, or a Decoction of Tamarinds.

*Of a* QUINSEY.

As this Disorder may proceed from different Causes, so it requires different Treatments according to the Symptoms. Thus in those Quinseys which only proceed from an Obstruction of the Glands, we must exhibit such warm Liquors as gently relax, soften, and moisten those Glands, using at the same time such Medicines as evacuate the redundant Serum by Stool, Sweat, and Urine. When the Tumor of the Throat is of an aqueous Kind, the Diet may be more hot than in Quinseys of the inflammatory Kind, since in the former Case the moderate Use of Wine often affords Relief. The Difficulty of Deglutition and Respiration, arising from a scirrhus State of the Glands, is only to be cured by Extirpation. Persons subject to Quinseys, or inflammatory Disorders of the Throat, ought by great Temperance to prevent a Plethora, to guard against cold Air, and to avoid too astringent or stimulating Aliments or Medicines, violent Exercise, and especially the swallowing cold Liquors when they are hot. In Quinseys great Relief is afforded by a slight Diarrhoea, which must be promoted by Infusions of Tamarinds in Whey, and Emulsions of farinaceous Vegetables moderately acidulated. Burnet and Mulberries are commonly thought

to be Specifics. The Mouth and Throat ought to be kept moist, and the Nose clear, that the Air may pass freely through it. When Deglutition is totally abolished, the Patient is to be supported by mild and nourishing Clysters.

*Inflammation of the L U N G S.*

THIS Disorder is of a very dangerous Nature, and may arise from crude and tenacious Chyle, viscid Aliments, Spices, the Use of spirituous Liquors, too great an Exercise of the Lungs, so as to occasion a short and laborious Breathing, or keeping them too long upon the Stretch, either by Vociferation, loud Singing, or any other violent Exercise of the Voice. Inflammations are also frequently translated from other Parts to the Lungs: Thus a Pleurisy easily passes into a Peripneumony. Timely Venesection in the Beginning of this Disorder produces very salutary Effects. Inflammations of the Lungs are often cured by a critical Resolution, Concoction, and Evacuation of the morbid Matter; and this lucky Turn is discover'd by the Abatement of the Fever, Difficulty of Breathing, Thirst, Anxiety and Restlessness, and by the Patient's falling into gentle breathing Sweats. In Cases of this Nature, the Blood of the Wild Goat is esteemed one of the best and most powerful Resolvents. Though copious Bleeding is highly beneficial in the Beginning, yet it is very improper after the Expectoration is begun, because it generally sup-



suppresses it. In this Disorder the Aliments ought to be more slender and thin than in other Inflammations, since common Whey is sufficient to maintain the Strength of the Patient, whilst the Steam of warm Water received by the Mouth has a Tendency to attenuate the impacted Matter, which is a Circumstance of the last Importance. Relaxing Aliments are also highly proper, and of these the various Preparations of Barley are the best. Mild Diuretics are also proper, since copious Discharges of Urine relieve the Lungs. For this Purpose the Patient ought to use an Infusion of Fennel-Roots in warm Water, with Milk. If Nature should attempt her own Relief by a spontaneous Diarrhoea, this is not to be suppressed, but promoted by gently-emollient Clysters. If the Patient is neither relieved nor dies within eight Days, the Inflammation generally terminates in a Suppuration and Abscess, sometimes in the Lungs, and sometimes in another Part of the Body. In this Case Venesection is improper, and the Diet ought to be mild, soft, and in-crassating. The Steam of warm Liquors ought also to be admitted to the Lungs; and when the Imposthume is thought to be fully matured, the Vapour of Vinegar or Oxymel, Exercise and Concussion are proper, since the sooner the Abscess breaks, the safer the Lungs are. The Patient in such a Case ought to use Milk, Barley-Water, and such alimentary Substances as are of a cleansing and expectorating Nature.

If an Inflammation of the Lungs ends in a Gangrene, the Case is desperate; and if in a Scirrhus, incurable.

### *Of a PLEURISY.*

THIS Disorder is an Inflammation either of the *Mediastinum*, or of that Membrane call'd the *Pleura*. It may arise either from a Callosity of the *Pleura*, its Adhesion to the Lungs, a sudden Admission of cold Air into the Body from too thin Cloathing, too hot a Regimen, the copious Use of spirituous Liquors, cold Liquors drank when the Patient is hot, a Translation of an inflammatory Matter from some other Part of the Body, and most of all a cold Air from a Northerly or North-East Wind. By a due Consideration of these Causes, we may easily discover what Things have a Tendency either to prevent or remove them. Thus, for Instance, if we find from Fact and Experience, that a Pleurisy is produced in a weak and tender Constitution by cold Northerly Blasts, it is natural to think, that during such a State of the Weather the most proper Preventive is either keeping in a close and warm Room, or covering the Body warm if there is a Necessity for going abroad. The Diet ought to be cooling, relaxing, and diluting, such as that prescribed in Inflammations of the Lungs. When a Pleurisy proves obstinate against all Remedies, a sudden Alleviation of the Pain, accompanied with a weak Pulse and cold Sweats, are Sym-

Symptoms of a Gangrene and unavoidable Death.

*Of an Inflammation of the* DIAPHRAGM.

THIS Disorder, which is by the Ignorant often mistaken for a Pleurisy, is accompanied with a violent Fever and an intense Pain, which is augmented during Inspiration, whereas in a Pleurisy the Pain is greatest in Expiration. The Breathing is quick, suffocating, and as it were perform'd only by the Motion of the Breast. An Inflammation of the Diaphragm is also attended with a Delirium, and a particular Species of Convulsion resembling Laughter. This Disorder terminates in the same manner with a Pleurisy, but is generally fatal if it comes to a Suppuration, since in this Case the Pus is discharged into the Cavity of the Abdomen, where acquiring a putrid Quality it produces a slow and miserable Death. Though Success can hardly be expected in Cases of this Nature, yet the Regimen which promises the most salutary Effects is that recommended in a Pleurisy.

*Of an Inflammation of the* LIVER.

THOUGH Inflammations of this Organ are not so frequent as those of some other Parts, yet they are very dangerous, unless they only possess a small Part of the Liver. One of the most considerable remote and secondary Causes of this Misfortune is excessive Fatness, for we often find that Cattle fatted on rich Pasturage



die suddenly after violent Exercise, or being driven far to Markets; and upon dissecting such we always find the Liver inflamed and corrupted. It is also certain from the Situation and Structure of the Liver, that a peccant Matter stagnating in any other Part may very easily be deposited upon it, especially if the Patient uses hot Aliments or spirituous Liquors. This Disorder may also be brought on by Thirst long endured, by drinking cold Liquors after excessive Heat, and by Emetics exhibited when the Liver is unsound. The most usual Signs of an inflammatory Disposition of the Liver are, a Fever, an Inflammation and Pain in the Region of the Liver and Diaphragm, a Tension of the Hypochondria, a Yellowness of the Skin and Eyes, and a Saffron-colour'd Urine. Inflammations of the Liver generally terminate like other Inflammations, being either carried off by Resolution, or ending in an Abscess, Scirrhus, or Gangrene. During the former of these States a warm Regimen, and especially Saffron, which is reckon'd a Specific, are highly improper. Cooling and resolvent Liquors taken inwardly, as Whey with Sorrel boiled in it, Fomentations, and the frequent Injection of Clysters, attenuate the inflammatory Matter. For the same Purpose the Patient may also use Honey with a small Quantity of *Rhenish* Wine or Vinegar, the Juices and Jellies of some ripe Garden-Fruits, or those of some lactescent Plants, such as Endive, Dandelion, or Lettuce.

Stools

Stools streak'd with Blood ought not to be stopp'd, because they, as well as Hemorrhages from the Nose, help to resolve the Distemper. An Inflammation of the Liver may terminate in a Cancer or Scirrhus, which last has in Cattle been cured by Grass and fresh Pasturage: And it is more than probable, that the express'd Juices of Grass, and Plants of an aperient Nature, may produce the same Effects in the human Species. The same Diet which is proper in Inflammations of the Liver is also to be recommended in a Jaundice, and every other Disorder of the hepatic Kind.

*Inflammation of the* STOMACH.

THE Signs of this Disorder are a fix'd and pungent Pain of the Stomach, attended with a Fever, a painful Hiccup, and great Anxieties. These Symptoms, besides the general Causes of Inflammation, may proceed from a Weakness or Erosion of the Coats of the Stomach, or the Use of acrid Substances. If this Disorder is not speedily removed, it proves mortal. Aliments of a cooling Nature must be given frequently, and only by Spoonfuls at a time, since every Degree of Distension increases the Inflammation. A thin Gruel of Barley or Oatmeal, Whey with a small Quantity of Sugar or Honey, are proper Aliments; whereas emollient Decoctions, Barley-Water, and cooling Emulsions, are proper Drinks. Speedy and copious Venesections, Fomentations and Clysters, have

in this Case the same happy Effects as in other inflammatory Disorders. The same Regimen is necessary in a Scirrhus or Cancer of the Stomach, as also in Inflammations of the Spleen, Omentum, and Pancreas.

*Inflammation of the* I N T E S T I N E S.

INFLAMMATIONS of the Intestines, especially of the smaller Kind, may be produced by any acrid or poisonous Substance taken inwardly, by a purulent Matter translated from some other Part of the Body, by an acrimonious Bile, and by violent Flatulencies. The Symptoms attending this Disorder are a vehement fix'd Pain, which is irritated, and excites a Vomiting when Things are taken inwardly. Such an Inflammation is also generally succeeded by the Iliac Passion, and some Degree of a Fever. This Disorder is carefully to be distinguish'd from a Cholic arising from a cold phlegmatic Cause, since the hot aromatic Substances, which afford Relief in the latter, prove mortal in the former. They are to be distinguished by the Fever, high Pulse, and flame-colour'd Urine attending the Inflammation. If this Disorder is not speedily removed, it terminates in a Mortification of the Intestines. Besides a copious Venesection, there is hardly any other Method than that of fomenting and relaxing the Intestines by emollient Liquors, both taken by the Mouth, and injected by way of Clysters. Warm and new-kill'd Animals, applied to the  
Belly



Belly by way of Fomentation, also produce happy Effects. If the Inflammation happens to be in the lower Intestines, it is not very dangerous, but even admits of a Cure when it suppurates, since it can be reached by proper Medicines in the Form of Clysters. The Aliments ought to be such as generate as few Fæces as possible, such as Broths of Flesh, prepared with Scorzonera, Parsley, or Fennel. Goat's Whey is also excellent for this Purpose.

*Of a* T H R U S H.

By this Word we commonly mean small superficial Ulcerations, which first appear in the Mouth, but may afterwards affect the whole Alimentary Duct, except the large Intestines. They are the same in the internal Parts as Scabs on the Surface of the Body, and fall off like a Crust. The nearer they approach to a white Colour, the less dangerous they are. As the viscid Matter is to be expelled, so Bleeding and Sudorifics are not proper in the Beginning, though Sweating is beneficial when the peccant Matter is entirely thrown out. In the first Stage of the Disorder, warm, diluting, and small Liquors are proper, together with Gargarisms and Clysters. Afterwards the Food ought to be nourishing and detergent; and when the Crusts are entirely separated, lenitive purging Substances ought to be exhibited.

*Inflam-*

*Inflammation of the KIDNEYS.*

THIS Disorder is accompanied with a pungent Pain in the Region of the Kidneys, a Stupor or dull Pain in the Thigh, Vomiting, a Fever, and sometimes a total Suppression of the Urine. This Disease may be produced by a Wound, Bruise, Abscess, Swelling, lying long on the Back, too violent Exercise, especially Walking in hot Weather, hard Riding, strong Diuretics, and Spasms of the Vessels of the Kidneys. After copious Venesection, the obstructing Matter which causes the Inflammation is to be expell'd by emollient and softening Liquors, which are to be copiously drank, notwithstanding the Vomiting, which is no more than a spontaneous Effort of Nature to remove the obstructing Cause. This Intention is answer'd by Whey, Emulsions of Barley, and Honey mixed with Whey and Water. When a Stone, Gravel, or any other obstructing Cause is dislodged from the Kidney, expressed Oils, such as that of Sweet Almonds, are to be used in order to relax the Passages. If the Pain only arises from Gravel or a Stone, oleous Substances may be safely join'd with those of a stimulating Kind, as Lemon-Juice, or Juniper-Water. Violent Motion, such as the Jolting of a Coach, has often proved beneficial in Cases of this Nature. Inflammations of the Kidneys sometimes terminate in a Scirrhus, or a large Stone: But in general, such as are subject to nephritic Symptoms

ptoms ought to be extremely cautious with respect to their Liquors, since all sharp Wines which abound with Tartar are extremely hurtful, whereas Malt-Liquors which are neither hard nor stale are far more proper. Patients of this Kind ought also carefully to avoid all acrid Substances in their Aliments, use moderate Exercise, and in Bed lie neither hot, soft, nor much upon the Back.

*Of an* A P O P L E X Y.

THIS is a sudden and unexpected Abolition of all the Senses, both external and internal, generally attended with a strong Pulse, a laborious Respiration, and a profound Sleep accompanied with Snorting; so that to external Appearance there is hardly any Difference between a Person in an apoplectic Fit, and one in a sound Sleep, except that the former cannot be wak'd, and the latter can. An approaching Apoplexy may be known from a Vertigo, Staggering, Loss of Memory, Stupor, Drowsiness, Ringing of the Ears, and laborious Respiration, though these Symptoms are also common to other nervous and hysteric Disorders. As Prevention is always better than a Cure, it must in a peculiar Manner be so in this Disorder, since, according both to *Hippocrates* and Experience, it is highly difficult to remove a moderate Apoplexy, and absolutely impossible to cure one of a violent Kind. It sometimes happens however, that the mildest Degrees of this Disorder



order are carried off by Sweating. The Diet in this Disorder must be varied according to the Constitution of the Patient. Thus Apoplexies arising from a Redundance of Blood require the Regimen prescribed for sanguineous Constitutions; whereas fat and phlegmatic People subject to this Disorder ought to use the Diet prescribed for such. When Apoplexies arise from inveterate Gouts, the Regimen ought to be so contrived as to derive the morbid Matter to the Extremities of the Body. Persons disposed to Apoplexies ought never to go to Bed with a full Stomach, nor to lie with their Heads low. When Apoplexies are not mortal, they generally terminate in Palsies. A Lethargy is a slight Species of Apoplexy, and demands the same Cure and Diet as an Apoplexy from a phlegmatic Cause.

HAVING thus consider'd the most important acute Disorders, from which the others may be in a great measure deduced, we now proceed to take a brief View of those of the chronical Kind, beginning with

### A P A L S Y.

A PALSY is such a preternatural Relaxation of one or more Muscles, as to deprive a particular Part of the Power of voluntary and spontaneous Motion. This Disorder may arise from a Variety of Causes, such as every thing which obstructs the Passage of the Blood and Spirits to the Part, intense and long-continued Pains,  
the

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the Suppression of usual Evacuations, Translations of morbid Matter, Distensions, Compressions or Contractions of the Nerves, Luxations, Fractures, and extreme Heat or Cold. This Disorder is more or less dangerous, according to its Cause and Seat. Thus when the Origin of the Disease is in the Brain it is most dangerous, and, when it seizes the Heart or Organs of Respiration, fatal, because Life cannot be continued a Moment without the Use of these Parts. The Regimen in this Disease ought to be warm, attenuating, and consisting of aromatic and cephalic Vegetables, such as excite a feverish Heat, which is necessary to expel the peccant and viscid Matter. Saponaceous Vegetables are also to be used, and such as consist of acrid volatile Soap and Oil, as Mustard, Horse-radish, and others of a similar Nature.

### *Of EPILEPSIES and CONVULSIONS.*

THE Causes of these may be either an hereditary Disposition, a sudden Fright of the Mother during Gestation, a Disorder of the Brain by Contusions or Blows on the Head, Intemperance, excessive Study, exorbitant Passions, Irritations of the Nerves, and a Suppression of usual Evacuations, especially those of the menstrual and hemorrhoidal Kinds. The Effects of this Disorder are no less surprizing than terrible, since it is generally succeeded by a Weakness, and sometimes by a total Abolition of the  
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mental Faculties. The Method of Cure is to be varied according to the different Causes whence the Disorder proceeds. Thus if there is an inflammatory Disposition of the Brain, Venesection and plentiful Evacuations are indicated. The Patient ought also to use mild and demulcent Aliments, carefully avoiding every thing of an irritating or stimulating Quality. But if an Epilepsy is the Consequence of an hysterick Disposition, a warmer Regimen is necessary. If it proceeds from the Stomach, alkaline Aliments generally afford Relief. Some have also been cured by a Milk-Diet, which however is highly prejudicial when there is any Acidity in the Stomach. When any irritating Cause inducing Convulsions is lodged in any external Part of the Body, the most safe and perhaps most expeditious Method is to eradicate it by Suppuration. The common Custom of applying volatile Salts and Spirits to the Nose during the Fit, is generally speaking more hurtful than beneficial. Persons subject to Convulsions and Epilepsies ought, if their Situation will allow them, to breathe a pure, free, and serene Air. Their Diet should be nourishing and of easy Digestion, avoiding Hog's-Flesh, and Water-Fowls especially. They ought neither to turn round, as Children sometimes do for Diversion, nor stand on Precipices, since by both these Means the Disposition to the Disorder is augmented. Regular Hours, both for Repast and Sleep, are to be carefully observed, since



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since every unusual Thing proves a *Stimulus*. But no Caution is more necessary than for the Patient to avoid all Occasions of violent Passions, and keep his Mind in a serene and chearful Disposition.

### *Of MADNESS or MELANCHOLY.*

As this Disease is not only terrible in itself, but also invades gradually and is cured difficultly, so the first Approaches to it ought to be carefully observed. These then are commonly obstinate Watchings or short Sleeps, turbulent and uneasy Dreams, Solitude and Anxiety of Mind, Sighing, sudden Fits of Anger without any Occasion, Love of Solitude, Suppression of the usual Evacuations, as of the Menfes in Women, and Hemorrhoids in Men, violent Heat, Eyes sunk and fixed, Laughing and Crying to Excess without any immediate Occasion, much Talking or profound Silence at certain Intervals, or fixing the Eyes long upon one Object; all these are certain Signs of this Distemper when the Patient has no Fever, and if it is hereditary it may be deem'd incurable.

THE common Cause of this Disease is a black pitchy Consistence of the Fluids, which renders all Secretions difficult. The first Endeavours therefore ought to be, to make the Humours more fluid, and to carry them off, especially the glutinous Bile; in which Case Sweating is very improper, because it thickens the Blood.

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The learned *Boerhaave* tells us of a Person who evacuated great Quantities of this black Matter, and recover'd his Senses by a continued Use of Whey Water and Garden-Fruits. The Cold Bath also, and dipping in salt Water, have had very good Effects, because such sudden Immersions act strongly upon the Nerves and Spirits; and wherever you find any Uneasiness or Sense of Pain, you ought to draw the Humours to that Part, or to make proper Evacuations from them, and if possible to procure the Piles, which never fail to relieve the Head. If the Madness proceeds from a Plethora, often Bleeding and Purging will cure it; but the Weakness that succeeds requires a warm and more nourishing Diet, and the Use of Mineral Waters, more especially the chalybeate.

### *Of the SCURVY.*

THE Inhabitants of cold Climates are most subject to this Distemper, and particularly those who live upon boggy and moist Soils, or near standing Waters, whether fresh or salt, affecting chiefly in the Winter-Season such as sit much and feed upon salt Diet, whether Flesh or Fish, and drink bad Water, such as are subject to Melancholy or Hysteric Fits, and sometimes such as have taken immoderate Quantities of the *Peruvian* Bark, and have not carried it off by due Purgation. From which Causes the best Rules are taken for Prevention.

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THE Signs of this Disease are Laziness, unrefreshing Sleep, Difficulty of Breathing upon small Exercise, cold Swellings in the Legs going off and coming on again, pale or livid Complexion, various-colour'd Spots on the Skin, sometimes stinking Breath and Pain of the Gums, attended with Looseness of the Teeth, Ulcers in the Legs, an itchy and dry Breaking-out in the Skin, black Blood, the red Part without due Consistence, the Serum salt and of a yellow-green Colour, Pain in the Limbs, increasing when warm in Bed, and sometimes feverish: All which are caused by a bad Temperature of the Blood, either too thick or too thin, and accordingly require different Remedies.

THE Scurvy habitual to Sailors is the best cured by Acids, such as all Sorts of Fruits, Lemons, Oranges, and also Buttermilk; and Whey or chalybeate Waters are commonly effectual.

IF the Scurvy entirely proceeds from salt Diet, Water-creffes, Scurvy-grass, and Brooklime, with the Juice of Oranges or Lemons, may be given with Success.

IF the Patient be cool and not thirsty, and his Urine of a proper Colour, animal Diet and animal Salts are very proper.

THE Nature and Degree of this Disease is best discover'd by the Mouth, Gums, and Teeth; and it must be observed, that violent Purgings are hurtful, though Lenitives relieve.

AVOID



AVOID Bleeding, unless there is an Inflammation, or other urgent Occasion.

### *Of the* CONSUMPTION.

THIS Distemper is a Wasting of the whole Body, from some Ulcer upon the Lungs, which infects the whole Mass of Fluids, and carries off abundance of People within the Bills of Mortality. It generally begins with the spitting of Blood, occasion'd by its Acrimony or Sharpness, and the Narrowness or Weakness of the Vessels; with which Persons of a ruddy Countenance, long Neck, and narrow Chest, are often afflicted. Too viscous Food obstructing the Glands, and by its Sharpness injuring the smaller Vessels of the Lungs, naturally causeth an Ulcer, then a light Fever, dry Cough, and Flushing after eating; and when the new Chyle enters the Lungs, Shortness of Breath; and a Habit of sweating after Sleep ensues. These Symptoms appear between the Age of Sixteen and Thirty, when the Blood is most hot and copious, but seldom invade any Person after. This Distemper may proceed from a total Suppression of Evacuations, or be induced by any great Force upon the Lungs from accidental Causes, or by hot and sharp Meat or Drink, or by acute Diseases, such as the Measles and Small Pox.

IF after the spitting of Blood the Symptoms increase, a dry Cough, hectic Fever, and Shortness of Breath are apparently seen, one may be certain that there is a Suppuration; in which  
Case

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Case no Remedy is more seasonable than bleeding often ; Styptics are commonly of little Service, for could they possibly be brought to operate immediately upon the Part aggrieved, so far as to heal, the Sore would break out again ; and balsamic Medicines commonly do harm, by their being of too hot a Nature.

THE best Method to be taken here is, by proper Aliments to abate the Sharpness of the Blood, and to continue a regular Course of Milk-Diet, mix'd with such Substances as Rice, Barley, and roasted Apples ; cooling and acid Jellies ; Milk and Water and Barley-Water for Drink ; and to take them often, but in small Quantities. Be careful to avoid all violent Exercise.

CONSUMPTIONS in *England* proceed for the most part from scrophulous Constitutions, in the Beginning of which all Foods which are not acrimonious may have a good Effect, but that which heats the Body is detrimental.

THERE is also a Consumption consequent of an Inflammation of the Lungs, which may be easily discover'd by a Difficulty of Breathing, a constant Cough and Fever, with great Thirst, a Want of Appetite, and the Patient not able to lie on one Side. This is a Case in Surgery ; the Method of Cure is opening the Side, if the Ulcer is not broke. It is call'd *Vomica*, and sometimes attended with a violent Spitting, when the *Vomica* is contain'd in a Bag, the  
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bursting of which generally suffocates the Patient.

THE Diet in this Case must be healing and cooling, and consist of Liquids, even though they should occasion Sweat. It is a Mistake to imagine that acid Things prejudice the Lungs. *Gas Sulphuris* may be successfully taken in any Disease of the Lungs, though not till some considerable Time after Milk. Moderate Exercise and gentle Riding are of great Use, and I am convinced a consumptive Person may live for Years by an exact Regimen; but when Sweats or Diarrhœas accompany Consumptions, they are fatal.

### *Of the D R O P S Y.*

THIS Disease is occasioned by an Extravasation of the Serum taken into some Cavity of the Body, and may happen wherever there are serous Vessels. A Dropsy of the Head is only incurable when the Serum has enter'd the Ventricles of the Brain; and this is commonly fatal to Infants: But any Stoppage of the Circulation may also occasion a Dropsy; though it is most commonly caused by swelling down great Quantities of Liquors, by the Violence of Distempers, as the Jaundice, obstinate Fevers, Bloody Fluxes, inveterate Scurvies, and by eating Things of hard Digestion; but the grand Cause is the habitual Use of spirituous and fermented Liquors. The Effects of this Disease are the swelling of the Legs and Belly, which  
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in a Tympany sounds like a Drum; the Signs are Shortness of Breath, Thirst, little Urine, and no Sweats. And the Serum thus pent up becomes after some Time acrimonious, and putrifies the Bowels.

THE Method of Cure is, first to remove the Obstructions, and then pump the Water out of the Body; and as this Disease causes great Heat and Thirst, it seems to indicate the Use of Acids, as Juice of Lemons, Oranges, Sorrel, &c. especially when the Urine is high-colour'd. Take care to drink as little as possible; but if the Thirst is intolerable, indulge with *Spa* Water, or *Rhenish* Wine. Strong Frictions of the Skin are beneficial, and Vomiting has done much Good in strong Constitutions, because the Concussion of the solid Parts dispels the stagnated Humours. Abstinence from Liquids is very good in this Case; so are dry Food and Exercise, more especially Riding; and four Things are the properest to prevent the Serum from putrifying.

### *Of the GOUT.*

THE Seat of this Distemper is most commonly in the Foot, at the greatest Distance from the Heart and the Brain; in which Part the Motion of the Fluids is the slowest, and the Resistance of the solid Parts greatest, which raise the Sensation of Pain, by Laceration of the nervous Fibres, to the highest Extreme.

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HEREDITARY Qualities operate more strongly in this Disease than any other, though the ordinary Causes of it are too rich and high Eating, too frequent Use of Wine and other strong Liquors after Supper, Excess in Venery, a sudden chilling the Feet when hot, or drying them by the Fire when wet, a sedentary Life with Plenty of Diet, and an intense Application of the Mind.

As this Distemper will admit but of little Help from Medicine, a certain Regimen of Diet is altogether necessary; and the best Rule to be observed is Abstinence from such Things as promote its Effects. It is thought to be a Disease of the membranous Parts, which makes the Cure so difficult; and by the regular Fits of it in some Constitutions, and their perfect Ease after the peccant Matter is exhausted, one would think it proceeded from a regular Gathering together of Humours in the Body, growing possibly in some People like Corns.

BUT since one Cause of the Gout is the Want of Sweat and Perspiration, to provoke these seems the best Method to prevent it; and if the Feet could be made to sweat in due Time, I am inclined to believe such Perspiration might stave off the Fit.

BE careful not to purge violently, lest thereby you draw the Gout inwardly. Abstinence is the best Physician, and especially from acid Substances. Let your Diet be of such Things as promote Sweatings, such as Aromatics and  
volatile

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volatile Salts. If practicable, use Exercise without fatiguing yourself, and more particularly Frictions and rubbing the extreme Parts. Take all possible Methods to sleep much, and to make the Feet sweat; but abstain from Opiates, keep the Part aggrieved warm, and use no Cataplasms, as they weaken and relax too much.

WHEN a gouty Person misses a Fit which he expected at a certain Season, and is seized with some other Disease, he ought immediately to send for his Physician, and Blisters should be applied to the Thighs or Legs to draw the Humour to the Feet, lest the gouty Matter should be translated to some nobler and more dangerous Part. And if a Person afflicted with the Gout could confine himself entirely to a Milk-Diet, he might so change the Juices of his Body as to eradicate the Distemper: Or could he regulate his insensible Perspiration on the Approach of a Fit, he might often, by restoring that, prevent or shorten it.

### *Of the* GREEN-SICKNESS, *and* OBSTRUCTIONS.

WHEN the Patient is of a due Age, and the Menstrues are stopp'd, Pains in the Loins, Laziness, and Inactivity are sure Symptoms of this Distemper; also a quick Pulse like that in a Hectic Fever, Palpitation of the Heart, Difficulty of Breathing upon the least Motion, depraved Appetite, Giddiness, Paleness of the Face, and a livid Circle round the Eyes, are

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hysterical Symptoms. This Disease is the Cause of many others, and after six Months difficult to be cured. In this Case it ought to be consider'd, if there be a sufficient Quantity or a Deficiency of Blood, because Bleeding may be of Service in the first Case, but will be hurtful in the second, where Frictions, Bathing, Exercise, and Fumigations are required.

If there is not a sufficient Plethora, a plentiful and wholesome Diet, and Substances which abound with volatile and oily Salts, Aromatics, and Vegetables which abound with volatile Oil, prove often effectual. After relaxing, such Things as strengthen the Organs of Digestion, and corroborate the Solids, are beneficial: It is from this Quality that Steel operates so strongly in this Distemper.

### *Diseases of* INFANTS.

NEW-BORN Infants, before they have taken any Food, often have the whole alimentary Duct fill'd with a cheesy Matter; and all of them have a dark-colour'd Excrement in their Bowels, which should be purged off.

THE Diseases of sucking Children proceed from the Nurses or Mothers Milk curdling upon their Stomachs. Honey and Water with a little Wine will attenuate the Matter offending, and a little Syrup of Rhubarb will carry it off. Also Clysters, and warm Fomentations and aromatical Substances applied to the Belly, are proper in this Case.

OPIATES and volatile Salts are dangerous: But Gall being the greatest Resolvent of curdled Milk, *Boerhaave* has given one Drop of the Gall of an Eel with Success. Wind, Vomiting, Cholic, green Stools, and Convulsions, depend upon this Acidity, and cease when that is rectified. In short, the Cure of Distempers in Infants depends chiefly upon the Nurses Diet. As soon as they begin to eat Fruit, they are troubled with Worms, because Insects lay their Eggs upon it, and they have not Strength of Digestion to destroy them; therefore Children subject to Worms should not eat much Milk, ripe Fruit, Cheese, or Sugar, for some Insects lay their Eggs in the latter. It is found by Experience, that the Water in which Mercury has been boil'd will destroy Worms. The Gall of Animals, Honey and Oil, Steel, Hartshorn, and Coral powder'd, have likewise proved effectual.

THE tenth Part of Infants die in cutting their Teeth, which Pain often occasions Inflammations, Fevers, and Convulsions. When therefore the Teeth are ready to cut, the Gums ought to be fomented with emollient Decoctions, and the Head to be kept warm, and the Top of the Gums rubb'd with hard Substances, which Children by a natural Instinct affect to bite. In Convulsions give them volatile Salts, which they can bear better than when they are new-born.

THE *Rickets* is another Distemper incident to Children, which proceeds from sickly Parents, more especially from Mothers of a weak Constitution, feeding upon high and various Diet, and it is often contracted from an unwholesome Nurse. Nay, this Disease is sometimes occasioned, or at least increased, by eating too much Butter or Pudding, by putting on Linen not well air'd, by exposing their lower Parts too long to the cold Air, and by repelling Eruptions. The Signs of this Disease are evident; and it is very probable it proceeds from a redundant Acidity, as Vinegar will soften and crook tender Bones. The Diet of ricketty Children ought to be moderately warm, even making use of Spices. They should forbear new Bread, and rather eat Biscuit. Flesh-Meat roasted, and such as are commonly call'd White-Meats, are good; and they should be allow'd a moderate Quantity of Wine.

To rub the Back-Bone and Joints with Flannel smoak'd with penetrating Aromatics, and to foment the Joints with old *Malaga* Wine, have often cured it. They must use as much Exercise as possible, especially by Carriage. Care must be taken to open the Obstructions of the lower Belly by vomiting and purging, after which the Cold Bath is an effectual Remedy.



*Of the* SMALL-POX.

THIS Distemper is more dangerous in old than young People, and Bleeding is extremely useful in the Beginning of it; when also a free Perspiration through the Skin, without violent Sweating, should be promoted by emollient Fomentations, applied inwardly in Clysters, and I know no Reason why not outwardly to the Skin, since they are used with Success in other Eruptions; also by drinking plentifully of cooling Liquors, with nitrous and acid Salts, and other acid Substances, mix'd with them: No Flesh, unless it be small Chicken-Broth; no Spice, and the Bed-Cloaths not so thick as to promote Sweat. The Feet and Head should be kept warm through the whole Disease; the Breast and Head no more covered than to keep them from the Impression of the cold Air.

DURING the ripening of the Pustles the Diet should be more plentiful, but neither hot nor inflammatory; and a Spoonful or two of Canary twice or thrice a Day are proper: But the Diet ought always to be adapted to the particular Symptoms of the Disease; attenuating, to provoke Spitting; when that is suppressed, diuretic; and diluent Clysters frequently injected are beneficial throughout the Disease.

WHEN there is a high Pulse, Watchfulness, and Delirium, all which demand Bleeding in other Cases, why not in this? I know it has been used with great Success; and as Persons

who die of this Distemper have Inflammations in the Lungs, those Reasons seem to justify Bleeding. All that can be done in the malignant Kind is to endeavour to carry off the morbid Matter by Stools procured by Lenitives.

*Of the GRAVEL and STONE.*

A STONY Matter may grow in any Part of the Body, but these stony Concretions most commonly happen in the Kidneys and Bladder; and if the Urine was not constantly voided, such Concretions would happen to all Human Beings; for on Inspection of the Urine of the soundest Person living through a Microscope, when it has stood a little, you may discover a black Speck, which is Sand, and wherever it sticks it grows bigger, and incrustates by Apposition of new Matter. When these Concretions are expelled the Kidneys, and drop into the Ureters, they are call'd Gravel; when they stick there, they make the Stone in the Kidneys: The Symptoms of which Disease are a dull Pain in the Part, bloody Water on a sudden Jolt, Pain in the Thigh, Pain in stooping, Sicknefs in the Stomach, and various Changes in the Colour of the Urine.

Now when a small Stone is lodged in the Body of the Kidney, it does not cause much Pain, nor even when it falls into the Pelvis; but when it drops into the Ureter and sticks, the Pain is very sharp: Nay, while it stays in  
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the Bladder it gives no Pain; but by continuing long there it grows a confirm'd Stone, and too large to be pass'd by the Urethra. The Manner of its Concretion is by Rings concentrical like an Onion about the first Kernel, which shews the Cause to be Attraction. This is not only true of a small Stone, but any solid Body, lodged in the Bladder for some time, will form the Kernel of a Stone. A Bullet's producing this Effect has been tried upon a Dog; and the like Accident has happen'd to a Man by a Wound, in which a Bullet has dropp'd into the Bladder. To know when the Stone is in the Bladder, you will find a frequent Call to make Water, a Dribbling, and Difficulty, or momentary Stoppage of Urine, occasion'd by the Stone's stopping the Bladder, which is generally attended with an Inclination to go to Stool. There will be also a white Matter in the Urine, but this is likewise observable when the Stone is in the Kidneys, or without any Stone in the Bladder.

DILUENT and emollient Diuretics are the best Regimen for the Stone in the Kidneys, which may expel it, if not too large to pass; and your Diet ought to be as cool as possible, to prevent the Growth; and you should use Diuretics to dissolve it, such as Fennel, Honey, Oats, Barley, Honey and Vinegar, Sassafras, Spirit of dulcified Nitre, Linseed Tea, and Marsh-mallows. Season your Food moderately with Sea-Salt, bathe in warm Water, and



Clysters may be of Service; but if the Stone of the Kidneys is of long standing, violent Exercise is dangerous. Opiates are certainly good while the Stone is passing; and an Ox-Bladder half full of warm Water, applied constantly to the Part affected, may be useful: Bleeding also is very necessary when the Symptoms are violent. All Dissolvents hitherto proposed have proved ineffectual. *Helmont* mentions Bull's-Blood for this Purpose, but Goat's-Blood is better. In order to prevent the Growth of the Stone, you must procure a Diarrhoea by Whey, Broth, and a liquid Diet.

THE Pain caused by the Stone in the Membranes of the Bladder may be greatly eased by injecting Oil of Sweet Almonds. People who are subject to the Stone or Gravel ought to drink Whey in the Spring, and to take Honey in every Form; but nothing occasions small Stones or Gravel to pass easily more than Opiates. If the Stone sticks in the Urethra, Oil should be injected. The Stone in the Bladder is not only a painful but mortal Disease, if not extracted.

### *The* R H E U M A T I S M

Is a Distemper which is thought to proceed from an inflammatory Cause in the serous Part of the Blood. In this Case repeated Bleeding, Purging, Sweating, and Blisters are certainly very proper. The Diet should be cool, and for the most part Vegetables. We have an Account

count of a Person afflicted with this Disease, who could never be cured by any other Method but a Diet of Whey and Bread.

THE Pain and Swellings may be alleviated very much by taking Cream of Tartar for many Days in Water-Gruel. In obstinate Sciatica-Pains Blisters and Cauteries have done much Good, and Ethereal Oil of Turpentine mix'd with Honey is a serviceable and penetrating Medicine.

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#### CHAP. IV.

*Of the various Kinds of BODILY EXERCISE, and their respective Uses ; with a Prefatory Discourse on the Nature of PERSPIRATION.*

CYRUS made it in a manner a Law among the *Persians*, whose good Education was always his chiefest Care, That they should never eat but after Labour. But before we begin to treat of the various Sorts of Exercise, it will be very necessary for the Reader to understand in some Degree the Nature of PERSPIRATION.

THE whole Surface of the Human Body, without excepting any Part, is *perspirable*, unless where there is a Scar or Callosity on the

Skin. In *Italy* a Person who is strong and middle-aged, who lives regularly and uses moderate Diet, discharges as many Vapours from the outward Skin, Mouth, and Nostrils, as is equal to five Eighths of what was taken into the Body.

PERSPIRATION therefore is made as well from the outward Skin, as from the inward Surface of the Nose, Mouth, and more especially of the Lungs; which last Exhalation *Sanctorius* computes to be one sixth Part of the whole Perspiration, having perhaps made the Experiment by condensing his Breath in a Glass in extreme cold Weather. By blowing *my* Breath against a Glass, it has been instantly covered with watry Drops, which have been converted, in a small Space of Time, into Ice; and by this means one may weigh the Moisture of the Breath, provided we could take the Opportunity of Cold when we please.

WHEN *Lewenhoe* by his Glasses, which surprisingly magnified the smallest Objects, could not clearly discern these small perspiring Vessels of the Skin, he concluded, by deducing an Estimate from thence, that one hundred and twenty-five thousand of these Vessels open'd within the Compass of a single Grain of Sand.

IF the Hand be thrust into a Heap of Ice, which has been preserved under-ground in the Summer-Time, it will smoke and fume as if it was on fire. Such a Vapour is continually exhaled out of the Body; nor is it produced by  
Cold,



Cold, only being before invisible, it is so condensed by the Cold as to be conspicuous to the naked Eye. Thus the Breath in Summer-Time is not so perceptible as it passes out of the Lungs, but by the Winter's Cold is so condensed as to appear like Smoke.

THIS exhaling Vapour is demonstrated to the Eye by another Experiment. Put the Arm of a Man that has been wash'd clean in a clean Glass with a long Neck, you will be surpris'd to see the Quantity of Liquor which in a Quarter of an Hour's Time will be condensed on the Sides of the Glass, and will trickle down to the Bottom in form of a limpid Water, having a little saline Taste, and something of a fetid Smell.

*Sanctorius* spent thirty Years in making Experiments, the Number of which he reduced to a few Observations and General Rules. He found, for Example, that the Weight of his Body was one Day one hundred and twenty Pounds, and the next Day at the same Hour was also one hundred and twenty; but then the Urine and intestine *Fæces* weigh'd almost three Pounds, while the Aliments both solid and fluid taken into the Body weigh'd eight Pounds: From whence he concluded, that as no Addition was made to the Weight of the Body, the other five Pounds of the ingested Aliments must have pass'd off by some unknown Course, insomuch that of eight Pounds of Meat and Drink only four Ounces were evacuated by Stool, eighteen  
by

by Urine, and twenty-four at least exhaled by insensible *Perspiration*.

THE most healthy Person, who commits no Error in his Diet, nor in any of the six *Non-Naturals*, will not evacuate any sensible Sweat; but nevertheless he will be five Pounds lighter in the Space of twenty-five Hours by the Exhalation of this invisible Vapour.

If you should be surprized that an invisible Vapour should carry off so large a Quantity in Proportion to what is evacuated by the other Outlets, you need only reflect and consider upon the Vapours which flow in the Air, and are collected together about the Tops of Mountains, so as to produce the vast Quantities of Water which appear to us in the Form of Rivers, Springs, or great Showers of Rain. It is not a little surprizing, how much moderate Sleep conduceth to Perspiration; therefore those who break their Night's Rest, as accounting it the best Time for their Studies, act in no wise agreeable to Nature; for by studying in the Night, Sleep creeps upon the Body, and the Intellects are not so clear and acute. In Sleep the Body is suspended as it were in a vaporous Bath, namely, in the Atmosphere, or in its own perspirable Matter confined by the Bed-Cloaths, by which means the Vessels of the Skin are mollified, and become extremely pervious. But too much Sleep is prejudicial, as *Sanctorius* observes, since it renders the Faculties of the Body stupid.

*Celsus*

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*Celsus* wisely observes, That Men of Letters, who neglect their Bodies to improve their Minds, are subject to continual Disorders; for in People who live a solitary and sedentary Life, the Blood is only attenuated by the Lungs; but here even the Lungs perform their Office more sluggishly, since the other Muscles do not urge them on to act, by accelerating the Return of the Venal Blood; and therefore in these People, this last and principal Organ, in which the Blood is attenuated, is very much impair'd. Hence that Thickness and viscid Nature of the Blood, by which it is apt to stagnate in the smaller Vessels, which occasions the Scurvy, and all that detestable Train of *Hypochondriacal* Disorders.

BUT Strength and Activity of Muscles judiciously exercised produce a quite contrary Effect; and this Motion impels more Blood in a given Time to the Lungs, by accelerating its Course through the Veins, and increasing the Efficacy of the Lungs with the like Action.

FOR Exercise is an Agitation of the Body, by means whereof the animal Faculties are put in Motion to perform their several Offices, and to enable Nature to expel every Enemy that oppresses her: And that it is productive of Health, helps Perspiration, exhilarates the Spirits, and strengthens the whole Human System, we presume no Man will deny; but that it should cure some Diseases which have proved too hard for Medicine, and even baffled the  
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Physician's Art, may perhaps be not so easily credited.

IN order therefore to prove the Truth of this Assertion, it may not be improper previously to consider some of those Methods which Nature calls to her Assistance, when in danger of being oppressed by an internal Attack.

IN all Colds wherein a considerable Part of the perspirable Matter is retain'd, by a sudden binding up of the Pores of the Skin, we may in a short Time observe the salt Particles to swell, and to twitch the Fibres of the Nerves which are dispersed above the Nose, which by mutual Consent cause a certain convulsive Motion in the Diaphragm, by which means the Air is forced out of the Lungs through the Nose with some Violence, which sudden Shock opens the Glands in those Parts, and throws out the Humours which were detained.

ANOTHER Way which Nature makes use of to ease herself of the Load which oppresses her is by the Hiccough, which disperses some of the rarified Contents when the Stomach is overcharged. To these we may add Laughter, Sneezing, Oscitation, &c. It is evident from these Instances, that Nature seems to gain more Ease and Assistance from the acting of the Parts than most People imagine.

HAVING premised these Things, we come next to enquire in what manner the moderate Use of Exercise affects the Solids and Fluids.

WE are apt to believe no Man will deny, that the best Way to bring an animal Fluid to a greater Degree of Perfection is *Digestion*, which Operation consists in a just Agitation of the Parts, which are supposed to occasion such Heat. Whenever therefore the Blood is thick and languid, and when proper Medicines prove offensive and ineffectual, then is the Time to make the Solids assist the Fluids in carrying off that Load which lies heavy upon them; and this may be perform'd by frequent and moderate Exercise.

ANOTHER Advantage arising from Exercise is, that it affords a pleasing Sensation to the solid and nervous Parts; and a gentle Motion of the Spirits will remove some Pain situated in those Parts, which perhaps nothing else would remove so effectually and so speedily. In nervous Cases, where the Disorders of the Spirits are the Cause of Pains, if we could communicate to those Spirits a Motion contrary to that Motion which occasion'd the Pains, we might remove them; and this might certainly be effected by moderate and agreeable Exercise. From these Considerations we are of Opinion, that the Use of a Chaise or light Chariot would prove very beneficial in all obstinate Pains occasion'd by the irregular Motion of the Spirits, particularly in the true *Hysteric Cholic*. In the *Scorbutic Rheumatism* the Patients afflicted are commonly strong, and able to undergo any Sort of Exercise; therefore every Sort here-  
after

after mentioned would agree very well with them.

BUT since Medicine may be render'd ineffectual without Exercise, as well as Exercise without Medicine, and yet when both are used together they may be of the utmost Importance; before we come to treat of those Distempers which are liable to the Power of Exercise, we shall mention two or three Remedies which seem to call for the Assistance of Motion.

THE first is the *Decoction of Woods*. It is the common Complaint of those Patients who take this Medicine for any Length of Time, that it palls their Stomachs. To prevent this Disorder, if the Person be obliged to persist in this Course, nothing can do him so much Service as *Riding*, because it will exhilarate the Spirits, and it is easy to conceive how much the Appetite depends upon that Cause.

THE next Medicine which should be accompanied with Exercise is the *Chalybeate*, which is apt to lie heavy upon the Stomach of dropical Persons, and sometimes causes the Gripes, and other troublesome Symptoms; so that it is very proper that the whole Body should be well warm'd, that those Particles may be discuss'd, and the Stomach made fit thereby to bear the *Steel*; for which Purpose unacquired Heat is best. The same Medicine has a different Operation in *hysteric* and *hypochondriacal* Persons; it heats the Body too much, and causes Costiveness and Head-ach;



ach; all which Symptoms are removed by frequent and moderate Exercise.

THE third Sort are *Balsamics*, which require a greater Degree of Agitation in the Blood, in order to unite and mix the Particles of Medicines of this Nature with the Fluids, that they may be carried to the Part intended, and produce the desired Effect. This Medicine ought also to be given in large Quantities, if the Stomach of the Patient can bear it; so that Exercise is absolutely necessary in this Case, because when the Body is thoroughly heated, the Stomach will bear a greater Quantity than at other Times, without any Inclination to heave, or to throw it up. But we shall forbear to treat any longer on this Subject, and proceed to those Distempers which seem more particularly to demand the Power and Assistance of bodily Exercise; the first of which is the *Consumption*.

THE Cause of this Disease is a morbid Matter, of a loose Texture, which does not require to be so intimately mix'd with the Blood as in other *chronical Cases*; and in this Distemper the acrimonious Particles should be carried off by Secretion, rather than by any one particular Cleanser of the Body. Our first Position is obvious, from the instant Appearance of the Cough, and the constant Quickness of the Pulse; both which Symptoms plainly shew that Nature makes frequent Struggles, though not sufficient to clear her of the Load which oppresseth her, and also indicate that these noxious  
Particles

Particles do not accord and unite with the Blood, as they do in other Cases: And from hence we reasonably infer, that a more general Heat of the Body, superinduced by Exercise, would occasion the Solids to act more strongly and regularly upon the Fluids, and cause a Ventilation of many of those pernicious Particles, with which Nature is contending. And the Effects of this feverish Disposition shew the Necessity of equal Secretion, make the Spirits languid, and loosen the muscular Parts even of the Lungs, whereby Nature is unable to bear any particular Secretion, without being made subject to great Difficulties; as is evident upon giving the most gentle Purges in these Cases, by which we see the Cough is increased; and the Use of *Sudorifics* has the like Effect: So that the best Way is to enable Nature to do the Work herself, which must be performed by moderate *Riding*.

By Riding on horseback all Parts of the Belly and the Breast too are shaken every Moment, and gently rubb'd, as it were, one against another, while in the mean time the pure Air acts upon the Lungs with greater Force; all which conspiring together cause incredible Changes. But then it must be observed, that if the consumptive Patient is weak, he should avoid riding upon a full Stomach, but either before his Meals, or after the Digestion is near finish'd; for few People can bear the Concussions of the Horse without Difficulty, when the Stomach is extended.

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THIS Sort of Exercise was the great Secret, of which Dr. *Sydenham* had so high an Opinion, that he believed by this Method alone he could cure this Distemper, provided it was not grown quite desperate, or when the Looseness, so fatal in this Case, was not yet join'd to the Night-Sweats; nor did he think *Mercury* more effectual in Venereal Diseases, or the *Jesuits Bark* in Agues, than Riding on horseback in the Cure of the Consumption.

BUT he also advises, that the Patient should take care not to fatigue himself with violent Riding at his first setting off, but to increase his Pace and Journeys by degrees; and in the same Place produces some extraordinary Instances of Cures wrought by these Means: One of which I shall here relate.

A GENTLEMAN, who afterwards lived in *Dorsetshire*, was brought so low by a Consumption, that no Possibility of Recovery could be expected either from Medicine or Exercise; but it being too late for the first to do any Good, all that could be hoped for was from the latter, which the Doctor also despair'd of.

HOWEVER, the poor Gentleman, having no other Chance left, resolved to attempt to ride into the Country; but was so very far gone, that at his first setting out of Town he was forced to be held upon his Horse by two Porters; and when he got to *Brentford*, the People of the Inn, into which he put, refused



fused at his first alighting to receive him, thinking he would die there, and give them the Trouble of a Funeral. But notwithstanding, he persisted in riding by small Journeys to *Exeter*, and recover'd so much Strength by the Way, that though one Day, as his Horse was drinking, he lay down with him in the Water, and he was forced to ride Part of the Day in that wet Condition, yet he got no Harm by it, but came to the before-mentioned Place considerably better; where, thinking he had then gain'd his Point, he neglected riding for some time; but on finding himself relapsing, he remember'd the Caution which *Dr. Sydenham* had given him at his first setting out, *viz.* That if he should be so happy as to begin to recover, he should not leave off riding too soon, for he would infallibly die if he did not follow that Exercise long enough: He therefore betook himself to his Horse again, and rode till he obtained a perfect Recovery.

AND in the *Gout*, the same Author thinks nothing so effectually prevents the Indigestion of those Humours he imagines to be the principal Cause of this Distemper, and which consequently strengthens the Fluids and Solids, as this Kind of Exercise: But it should be continued daily, or will do no Service; for if it be intermitted at times, it will avail but little towards changing the Constitution, now reduced to a languishing and effeminate Condition by Idleness and Indulgence. It should be moderate,

rate, because the contrary in aged Persons, who are chiefly afflicted with the Gout, wastes the Spirits too much, and thereby hurts the digestive Faculties, which are strengthen'd by continual and gentle Exercise of this Nature: And though this may not be relish'd by one who, besides Old Age, Inability to Motion, and Slothfulness so natural in this Disease, is likewise tormented with Pain; yet they may be assured, that if Exercise is omitted, all the other Remedies which have been discover'd will avail but little. And as the Intervals between the Fits cannot be long without constant Exercise, so the Patient will likewise be more subject to the Stone, which is a more painful and dangerous Disease than the Gout. To these Observations we shall subjoin another momentous Particular, namely, That the chalky Concretions are considerably increased in the Joints, and especially in the Fingers, by long Inaction; so that at length these Parts quite lose their Motion.

WE have experienced in our own Case, that not only the Generation of these Concretions may be prevented by daily and long-continued Exercise, which duly distributes the gouty Humours through the whole Body, that would otherwise attack some particular Part; but it will also disperse and dissolve old obdurate Concretions, provided they are not grown to such a Degree of Hardness as to change the external Skin into the like Substance. And indeed we have often thought, if a Person was possessed

possession of so effectual a Remedy as Exercise in this and most Chronic Disorders, and had the Art likewise of concealing it, he might easily raise a considerable Fortune; for where Riding on horseback cannot be used, frequent jolting in a Coach may be as prevalent.

It must be observed however, that the wholsomer the Air is in which it is perform'd, the more efficacious will be the Exercise; and for this Purpose the Country is preferable to the Town, where the Air is full of Vapours exhaled from the Shops of different Mechanics, and render'd more dense by the Closeness of the Buildings. This will be soon found out by the gouty Person upon Trial.

AGAIN: If this Kind of Exercise be used constantly, both Morning and Evening, for some Hours together, the Patient will find another Advantage attending it; it will procure him comfortable Rest a great Part of the Night, which staying constantly within Doors would most certainly have prevented; because a very little Exercise will fatigue a gouty Person so much as to occasion Sleepiness.

BUT the principal Benefit deducible from the constant Use of Exercise is the preventing the Loss of Motion in the Limbs, which has seized several Persons after a first and second long Fit of the Gout, occasion'd by the Contraction of the Tendons of the Hams and Heels.



## *of preserving* HEALTH. 143

THE foregoing Exercifes, if ufed with Prudence and Application, will likewise effectually cure the Dropfy, all hyfteric Cafes, the ſcorbutic Rheumatifm, and the nervous Atrophy; and whenever you find the Spirits broke by the Streſs of Thought, Riding will give an Alacrity beyond that of Wine, and when all the pompous Train of internal Medicines will not avail.

### Of SAILING.

SAILING is very beneficial to weak People, provided the Motion of the Veſſel be ſteady and even, and the Sea not rough or the Wind too high; becauſe it increaſes Perſpiration, and uſually occasions a wonderful Alacrity: It will alſo create an Appetite, and promote Diſteſtion. But to be toſſed in a ſtormy Sea affects the ſtrongeſt Conſtitution, if not accuſtom'd to it, with Giddineſs, Vomiting, intolerable Anxiety, and even Fainting; inſomuch as this irregular Motion has ſometimes proved the accidental Cure of inveterate Diſeaſes.

### *Of FRICTION, CHAFING THE SKIN, or the Uſe of the FLESH-BRUSH.*

THIS is an alternate Preſſure and Relaxation of the external Parts of the Body; for gentle Rubbing preſſes the Veins, by which the Motion of the Blood towards the Heart is accelerated, and thereby the Motion of the Heart is quicken'd, and conſequently the Blood is propell'd

pell'd with greater Force and Velocity through all the Vessels. The vital Powers, therefore, may be increased by Friction to any necessary Degree: For this Reason the Antients set a high Value upon this Exercise, both as a Preservative of Health, and as a good Remedy in many Diseases.

*Galen* had so great Dependence upon, and such an Esteem for this Remedy, that he wrote a whole Book concerning the Use and Effects of it.

THE Antients having placed the Person in a Stove, rubb'd his Body with dry Cloths made warm; by which Method they attenuated the Humours, and at the same time increased the Power of Action of the Vessels: And thus Perspiration may be restored after it has been long suppressed; and a very great Dependence is to be placed upon this Exercise in Chronical Disorders.

It seems very surprizing, that this Exercise, which was in such universal Esteem among the Antients, of which they wrote so copiously, and have laid down so many Rules and Distinctions for the Use of it, which they practised in almost all Cases, and without which scarce any Man of tolerable Circumstances pass'd a Day, either in Sicknes or in Health: It is strange, I say, that what was in so great Repute with them should be by us so totally neglected and slighted; especially when we consider, that their Experience agrees so exactly with our modern  
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Discoveries in the Oeconomy of Nature, viz. That there is so great a Disproportion as has been before observed, between the Evacuations perform'd by the Skin insensibly, and all the others put together, and that the first exceeds all the rest by many Ounces. One would be apt to think the preceding Theory might convince us, that the Antients found their Account in those diligent Frictions, and that they really answer'd their Expectations in the several Cases wherein they made use of them; and that we who live in a colder Climate have much more Reason to expect greater Advantages from this Method, if we should use it to some Purpose with Continuation and close Repetition.

If six or eight Ounces of the *Materia perspirabilis* is kept in and discovers itself in a Cold, or in the Head-ach, we presently have Recourse to Purgatives; and if this happen in Summer-Time, perhaps the purifying Waters are continued to be drank Day after Day, till Nature loses the Way she was before accusom'd to, and possibly may never more be able to make the same Discharge for Quantity by insensible Perspiration, as she did before she was thus violently turn'd out of her old Road.

THIS was not the Method of the Antients: They were for stimulating and soliciting that Part which was first defective, that they might reduce it to an Ability of making its wonted Discharge: So that where there is great Hindrance of insensible Perspiration, which in some

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Cases is easily discover'd by the Smoothness and Dryness of the Hands, it is certainly most material to endeavour to stimulate the Glands of the Skin by Rubbing; by which Attrition you may observe a Colour to arise thereon, which sufficiently demonstrates what Friction is able to perform if used continually. And most certainly we ought to have Regard to this Discharge above all others, because it can supply the Defect better, and because it is perform'd by those Vessels which now are by all allow'd to be the grand Emunctories of the Body, that is, by the true Skin, and all its innumerable Glands.

Now that the Efficacy of a general Rubbing may be made to appear so valuable as to encourage us to wait with Patience for the desired Effects of it, let us only consider the Benefit of it in a familiar Case, which is in the Cure of a Ganglion, or Tumor on a Tendon, occasion'd by some extravasated Juices between the Coats. This little white Swelling is cured by frequent Rubbing; and though no Alteration appear for a Week or two, yet if you persist in the Action it will certainly vanish; which plainly shews, that if Friction can produce such an Effect in a Part which is cold and comparatively exanguous, what then may we not expect from it when applied to the *Cutis*, which is warm, succulent, and ready to emit such copious Exhalations? This Instance in my Opinion doth sufficiently illustrate the Thing, though we see  
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the Effects of it in another Case also, and that is in the Rickets, which are caused by the Neglect of exercising and rubbing the Limbs of young Children, and which every Nurse knows may be cured by the same Means, if not of long Continuance.

THIS Exercise must needs be very beneficial to hysterical and hypochondriacal Persons likewise; and as these Persons cannot well bear any of the sensible Evacuations, it is highly necessary we should have Recourse to the Promotion of the insensible ones: And if we knew the true Cause of that Distemper, I am satisfied we should find it to proceed in a great measure from some Hindrance of the insensible Perspiration.

IN curing weak Fibres, the best Method of Friction is to rub the Parts with warm rough Woollen Cloths, especially after they have imbibed the Vapour of burning Amber, Mastic, &c. that the strengthening aromatic Steam may at the same time insinuate itself into the laxer Parts. You must also be careful to proceed by Degrees, and not use the strongest Frictions first; and the Time of rubbing must be determined by the Return of the natural Heat.

THESE Exercises are all of them more especially serviceable to weak People, as they hereby enjoy the Benefit of Motion without much Fatigue; but as soon as the Strength by these Means begins to return, the Body must be farther corroborated by muscular Motion; and

this is to be effected by Walking, Running, &c. For unless such Patients as have been thus indisposed will habituate themselves to some such-like Exercise, they will certainly relapse, and by Degrees fall into their old Distemper.

IN all which Exercises, either Walking, Running, or Riding, we must begin gently, and increase the Quantity as our Strength increases thereby: And those Exercises of the Body will be more especially serviceable which give Delight to the Mind at the same Time, such as Tennis, Fencing, &c. For which Reason the Wisdom of Antiquity appointed Rewards for those who excell'd in Gymnastic Exercises, that by such means the Bodies of their Youth might be made hardy, and fit for warlike Toils.

NOT only the *Greeks* but the *Latin* Writers are full of these Methods; and the *Romans* rather exceeded than fell short of the *Greeks* in the Use and Encouragement of Gymnastic Courses. The *Roman* Physicians sent their consumptive Patients to *Alexandria* in *Egypt*, and with very good Success, as we are inform'd by both the *Pliny's*. This was done partly for Change of Air, but chiefly for the sake of Exercise by the Motion of the Ship; and therefore *Celsus* says, *Si vera Phthisis est, opus est longa navigatione.*

*Plutarch*, in the Life of *Tully*, gives us an Account of his Infirmary, and that he recover'd a great Measure of Health by travelling, and excessive Diligence in rubbing his Body:

And



And he himself in his *Brutus* relates, that he was so weak, that his Friends and Physicians desired him to leave off Pleading; which shock'd him in such a manner, that he resolv'd to undergo any Fatigue, rather than to lose the Glory of his Profession, and accordingly betook himself to travel, which soon restored him to Health again.

THE Power of Exercise at proper Seasons, used with Exactness and Patience, must certainly be very great: And if it be true, that in the *Roman* Commonwealth there was no profess'd Physician for the first five hundred Years, there is no Way to account for their enjoying so much Health, but by their incredible Temperance and Variety of Exercises.

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## CHAP. V.

*Of the COLD BATH, its Antiquity, and various Effects on the Human Body.*

IT is very probable that the Ceremony of washing in Water was a Part of Natural Religion, invented by the rational Faculties of Men, and grounded on the Virtues of Cold Immersion, which might have been first discover'd by Accident. The Use of Water being so common, and the most natural and

easy Method of cleansing the Body, it was thought by the Common People to wash away Sin also, and by the Philosophers to represent and produce an inward Purity in the Mind: For this Reason all Mankind used to wash themselves before their Sacrifices, and both religious and medicinal Immersions must be as antient as Sacrifices themselves.

THE Manner of purifying by Water seems a Custom as antient as the Flood; for *Plato*, in his third Book *de Legibus*, affirms, that the Gods purified the Earth by the Deluge, and that it was brought upon the Earth for that Purpose. From this Opinion arose the Custom of purifying Mankind by Immersion, as well as the Earth; and this Notion is favour'd by *Grotius*, where he discourses of Strangers initiated into *Judaism* by Baptism.

THE *Israelites* were accustom'd to Immersion, not only by the Example of the Patriarchs their Ancestors, but also by the *Egyptians* among whom they lived, who practised this Method of purifying, and also perfectly observed the natural good Effects of cold Immersions, in giving great Alacrity and Chearfulness to the Animal Spirits.

*Pythagoras*, who travell'd into *Egypt*, and was a learned Physician as well as Philosopher, taught the Western Nations that Purity was to be attained by Washings and Sprinklings: He therefore introduced all cold Immersions, whether sacred or medicinal, among the *Greeks*,  
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which he brought from *Egypt*. *Camden* assures us, that the *Gauls*, from whom the Race of *Britons* came, had their sacred Fountains, which they call'd *Divona*; and we may well suppose they made use of them for Medicines as well as Lustrations, as in following Ages, when Christianity was planted in *England*, the *Saxons* did. *St. Winifred* lived about the Year 644, and *St. Mongah* in the *Saxon* Times, and we find the Wells dedicated to these Saints were famous for their Cures and Devotion. Many of our *English* Springs will perform wonderful Cures when used in Cold Bathing, which in more illiterate Ages were imputed to the Virtue of the Saint to whom they were dedicated, or to the Devotions used there. Ablution of Children, which is both Religious and Physical, is practised in the *East-Indies*, as *Albert de Mandesloes* informs us in his Travels among them. He affirms that the *Canarims* wash their Children as soon as they are born, by which they grow so hardy and strong, that it is common to see Persons among them of an hundred Years of Age in perfect Health, and not a Tooth missing.

*Olearius* informs us that the Northern People practise Immersion, and that the Men and Women in *Muscovy* come naked out of their hot Baths, and go immediately into cold Water, or have it pour'd over them, and that in Winter they will wallow in the Snow: And that in *Livonia* the *Finlanders* will come out of their hot



Stoves into the Snow, and rub their Bodies therewith as with Soap, and then return to their Stoves again for a moderate Heat; and thus from their Childhood they use themselves indifferently both to Heat and to Cold.

COLD Baths occasion Chilness, which, added to the Terror and Surprise of the Person going to immerge, very much contracts the Membranes and Tubes in which the Animal Spirits are contain'd; and they being thus kept tense and compressed, will more easily communicate all external Impressions to the sensitive Soul: Nor are the external Senses only made more lively hereby, but also all our animal Faculties and Reasoning become more vigorous by means of the outward Pressure of the cold Air, which Effect may also be at any time produced by Cold Baths: But when the Air is warm and wet, this Compression upon the Body is abated, and consequently a certain Dulness or Heaviness ensues, and all the Senses are render'd more languid and sleepy.

Now to prove that most of the Distempers which affect the Brain may be cured by cold Water, give us leave to transcribe the Words of Celsus. *Capiti nil æque prodest atque aqua frigida: Itaque is cui hoc infirmum est per ætatem, id bene largo canali quotidie debet aliquando subjicere; semper tamen, etiam si in balneo unctus est, neque totum corpus refrigerare sustinet, caput aqua frigida perfundere debet.* The same Author has also made a curious Remark upon the Use of Cold

Cold Baths, viz. That Bathing is most useful and beneficial in moist and wet Weather, when all People are sensible of a Heaviness and Dullness of their Spirits. These are his Words: *Præcipue omnibus, quibus hoc auxilium utile est, eo utendum est, ubi gravius cælum Austri reddiderunt.*

THAT the cold Immersion stirs up the Lethargic Person, is observable by its Effects upon a drunken Man, who, by a sudden Immersion into cold Water, does immediately recover his Senses and become sober, and generally makes a great Quantity of Water. We sprinkle cold Water upon fainting Persons likewise, which often rouses them, and brings them to Sense again. But much greater Terror and Surprise happens from Immersion: This excites the drowsy Spirits to contract all their Tubes and membranous Vessels, by which means all Sensation is made more lively, and all the Actions of the Body become strong and vigorous, and the stupid Mind regains its former Alacrity.

*Agathinus*, in his Treatise concerning Cold Baths, has the following Words: “ They who  
“ desire to pass the short Time of Life in  
“ good Health ought to use Cold Bathing  
“ often; for Words can scarce express the great  
“ Benefits arising from this Practice. They  
“ who use them, though almost worn out with  
“ Age, have a strong and compact Flesh, and  
“ retain a florid Colour in their Faces to the  
“ last: They are always active and strong,

“ their Appetites are good, and their Digestions  
 “ well made, their Senses are perfect, and in  
 “ short all their natural Actions are well per-  
 “ form’d.” The same Author, with *Galen*  
 and *Herodotus*, advises us to use the Cold Bath  
 when the Stomach is empty, and in a Morn-  
 ing; and, before we go in, to take particular  
 Care to warm ourselves with some Sort of mo-  
 derate Exercise.

OUR Bodies are continually press’d upon by  
 a considerable Weight of Air, which when the  
*Mercury* stands highest in the *Barometer* is equal  
 to 39,900 Pounds *Troy*. Now if this Weight  
 is either considerably increased or lessen’d, as  
 it often is upon the Change of Weather and  
 the Influence of the Planets, it must certainly  
 cause a great Alteration in our Fluids: But this  
 Pressure is never so much augmented as when  
 we bathe ourselves; for Water being above  
 eight hundred times heavier than Air, must cer-  
 tainly increase this Pressure to a great Degree:  
 And a Body sunk thirty-five Foot in Water  
 sustains double the Weight it does in the open  
 Air. Though when we are near the Surface the  
 Pressure upon our Bodies is mightily lessen’d,  
 yet is it even then much greater than in the  
 Air; so that all the good Consequences which  
 are occasioned by a stronger Pressure will natu-  
 rally follow from Bathing.

It is evident that the Surface of the Body,  
 and those Parts adjoining to it, will be the most  
 and the first compressed, and that those in the  
 Centre



Centre bear the least and latest Load; so that the Blood will be forced in great Plenty upon the *Viscera*, where there is the least Resistance. For this Reason it is neither safe nor advisable for those to bathe, who are weak, or have their Bowels ulcerated.

HE that goes into the Cold Bath, if he plunge not himself over-head, will be liable to a Pain in that Part. The Reason of this is obvious from what has been before observed; for there being the least Resistance made to the circulating Blood in the Head, which is press'd upon only by the Weight of the Air, it will run in such Plenty to that Part, as to distend the Vessels beyond their usual Tone, and produce a Sense of Pain. The Reason why People are so chearful after bathing, and appear so brisk and lively, is not only to be attributed to the perspirable Matter's being thrown off more plentifully, or to *Sanctorius's* Observation, *That Melancholy is overcome by a free Perspiration, and that Chearfulness without an evident Cause proceeds from Perspiration well perform'd*, but also to the Ease they find from a Sense of less Weight upon the Body. So that the first and most obvious Consequence of bathing is from the greater Pressure made upon our Bodies, which straitens the Vessels, dissolves the Humours, and by this means renders them more fit for passing the Glands to be evacuated. This Pressure also squeezes out any viscid Matter that sticks to the Coats of the Vessels, and makes

makes the Motion of the Fluids in our Bodies more free and easy.

If therefore we would have the Blood dissolved, or any glutinous Matter adhering to the Sides of the Vessels removed, the Glands scoured, or a greater Quantity of Spirits generated and moved with more Swiftneſs through the Nerves, if we would force Urine, or remove Obſtructions in the Liver, Spleen, &c. we ought to order Bathing.

ALL theſe good Ends, which are brought about by a greater Preſſure, are more effectually obtained by whatever increaſeth the Weight of the Water, or contracts the Fibres of our Bodies. It is the Salt contained in Sea-Water, whereby its Weight is increaſed, that makes it more uſeful and efficacious in the Cure of thoſe who are bit with a mad Dog; and the deeper they are plunged, the more certain will be the Cure, for the Reaſon before mention'd.

It is evident by long and frequent Experience, that Cold contracts; and the more ſuddenly it is applied to our Bodies, the more violently it operates; but how much it contributes to the obtaining the good Ends aforemention'd, we cannot exactly know, having no Rule by which we may meaſure the Quantity of Contraction cauſed by it: But that it is very conſiderable we need not doubt, having ſo many Experiments to prove it. The Contraction of the Fibres is propagated throughout the whole Body, by which all the inherent Humours

mours must be propell'd with greater Force through the Vessels in which they circulate. Besides this, the Tensity of the Fibres being greater, their Vibration will be both quicker and stronger, and that in Proportion to their increased Tensity; so that the Blood and Spirits will not only move with greater Velocity through the Canals, but also be extremely ground and broken; from whence all the Effects of more fluid Blood and Spirits moving with greater Velocity will necessarily ensue upon using the Cold Bath.

THE Reason of the excessive Strength of our Bodies when the Vessels are contracted, is evident from Dr. *Cheyne's* Proposition about the Strength of Animals, *viz.* That it is in a triple Proportion to the Quantity of Blood running into the Vessels. Now the Quantity of Blood is mightily increased in the Proportion it bears to its Vessels when they are contracted, to what they are when relaxed: For it is the same thing to all Intents and Purposes, whether the Vessels continue of the same Wideness, and the Quantity of Blood be increased, or the Quantity of Blood continue the same, and the Vessels in which it runs be straiten'd and contracted; so that we may expect the same Strength in an Animal whose Vessels are contracted to half their Wideness, as we may from an Animal whose Vessels are in their former Condition, and the Quantity of his Blood double. Thus besides the Advantages common to all Sorts of Bathing,



Bathing, there is this peculiar to the Cold Bath, that it gives a violent and universal Contraction to all the Membranes and Vessels of the Body; and there is nothing so surprizing in the sudden Cures it performs, but what is accountable for from this Cause.

*Galen* in speaking of this Practice says, that by this means the Limbs and Skin are strengthen'd, and thereby Health is confirm'd; such Persons being the least liable to be affected by the Changes of Air or Weather.

THE Custom of Bathing is thought to have been introduced among the *Romans* by *Antonius Musa*, who having cured the Emperor *Augustus* of a dangerous Catarrh by the Cold Bath, recommended it afterwards in almost all Diseases; and it was by his Advice that *Horace* left the Hot Baths of *Baiae*, as being hurtful to his Eyes, and used the Cold Baths of *Clusium* and *Gabii*, as he himself tells us, *Epist. xv. Lib. I.*

—————*Nam mibi Baias*

*Musa supervacuas Antonius, & tamen illis  
Me facit invisum, gelida cum perluor unda  
Per medium frigus.*—————

IN *Pliny's* Time, Cold Bathing was so much in Fashion, that even Men of Consular Dignity strove to outvie each other in shaking and trembling in the coldest Water they could find; and *Seneca* highly valued himself on having the

Title

Title of *Psychroluta*, and that he was able to dance in cold Water on the first of *January*.

IN short, the Preservation of Health, the Cleanliness and pleasant Refreshment after coming out of Cold Baths, are Benefits sufficient to recommend them to the Use of all Mankind.

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C H A P. VI.

*Of the Danger of keeping the BODY too warm, and the Inconvenience of wearing FLANNEL.*

WE have, in fact, occasion but for very few Cloaths, as appears from the *Face*, which is as tender and susceptible of Injuries as any other Part of the Body in a new-born Infant, but by Custom and Habit made Proof against all the Inclemencies of the Seasons: And it is to be wish'd that Men would consider the Folly and Mischief of too warm Cloathing, which in Health often occasions Sickness, and in Sickness many times increases the Distemper, and hastens Death. Such a Regimen might be much more proper for such Persons as are instantly going to reside in a hot Climate, than for us who are to prepare our Bodies for Cold, which we cannot fly from in this Country,

Country, and therefore should study how to resist it; and this is not so formidable and dangerous a Practice as some would have us believe.

THE antient Inhabitants of this Kingdom went naked, and enjoyed better Health than we do at present in all our warm Apparel. The People of *Canada*, and of all the cold Continent on the Back of *Newfoundland*, go much after the same Manner, without finding the least Inconvenience; nay, they are rather guarded by this Custom against those Accidents they would otherwise be subject to, if their Pores were opened and relaxed by too much Warmth. We likewise might very well distinguish the rational from the brutal Part of the Creation, by as thin Cloathing as Decency and Modesty would allow.

It is a strange Notion that People are run into, of continually provoking Moisture upon their Skin, and keeping their Pores open; as if a Man had really no insensible Perspiration; which, though not so great indeed as when he is all over bedew'd with Exhalations of his own procuring, is altogether as healthful; for the Sweat should never be sent out in such large Quantities but by brisk Exercise. If People were truly sensible how much these forced Perspirations impair the Skin and produce Wrinkles, as *Sanctorius* has observed in one of his *Aphorisms*, they would certainly be convinced that



that Nature can make her Discharges by much better Ways than they can contrive, though not so perceptible.

THE nervous Parts of the Skin have doubtless a very great Elasticity, and are capable of being strengthen'd by proper Management even to a Habit, in the same Manner as those of other Parts; and we may observe, that when the Glands of the Skin throw out any considerable Quantity of Sweat in some particular Parts, these Parts grow accusom'd to the Air, or other Moisture, and little or no Hindrance is given to their Discharges from it: Thus the Palms of the Hands shall sweat plentifully, though they are exposed to the external Air, which immediately strikes upon them: And we shall find few more vigorous and healthy than those who are accusom'd to have their Feet often wet, without changing their Stockings for it.

THE Stomach, though placed in the Centre of the Body, and consequently very warm, yet is it so contrived, as to bear large Draughts of the coldest Water, without the least Inconvenience, unless the Body has been immoderately heated: Nay, though its Office seems to stand in need of exquisite and continual Heat, yet is it not obstructed in that Office by the Admission of cold Things; nor are its Glands benumb'd, or render'd less capable of making their usual Secretion of digesting Juices. Can  
we

we therefore imagine, that the Formation of the Skin is less perfect, when by its Situation it was made to be immediately subject to the Effects of the external Air? No surely: Daily Experience teaches us, that its Vessels are endued with Strength enough to resist the Force and Weight of that incumbent Element; and its Glands are so wonderfully contrived, and the Particles they strain are so exquisitely fine as to pass the Skin, though it seems to us too close to permit of any Outlet.

WE should be cautious how we give way to this pernicious Practice of promoting sensible Perspiration too frequently; which, though made in never so small a Degree, is doing some Violence to Nature, and is by no means so serviceable to us, as those more even and regular Secretions of her own ordering.

GIVE me Leave in this Place to raise an Argument from the various Distempers occasion'd by too much Heat, to convince you of the Folly and Error of keeping the Body too warm, of which I shall instance but one, and that is the *Cholic*; which when any Person among us is afflicted with, his principal Care is to secure himself from Cold. Now this is the epidemical Disease of all hot Countries, and but seldom complained of in cold Climates. It is so common at *Surat*, that about Noon, or after Dinner, the Town Air is strongly impregnated with the *Effluvia* of *Assa fatida*, which they  
mix

mix with most of their Eatables, to preserve them from this tormenting Distemper, occasion'd by the Heat of the Air rarifying the Blood and Humours, and opening the Pores of the Body : And by this Method I do not doubt but many among us have brought an accidental Cholic to become habitual ; for being frighten'd at the first Fit, they have vainly hoped to secure themselves from another by such Means as would certainly bring it upon them.

I REMEMBER to have read somewhere a strange but remarkable Story to this Purpose, which happen'd at the Time when Muffs were universally worn in this Kingdom : “ Some “ Men (says my Author) were wont for the “ most part to let them hang upon their Bel- “ lies ; and I have heard a healthy Man com- “ plain, that upon leaving off his Muff for a “ Day or two after such a Custom, he has been “ griped.” Would not any reasonable Man from hence infer, that this ill Effect of the Air proceeded from his keeping his Belly too warm, and may not the same happen in any other Part of the Body ? What a Folly is it then for a Patient, where the Lungs are unconcerned, to nurse up and cherish a Distemper, which very probably might first be owing to a too delicate Way of Living, and by a long Perseverance in that Regimen must be rather encouraged than extirpated ! This I presume may be sufficient to prevail with my Fellow-  
Creatures



Creatures to habituate themselves to the bearing Cold.

I SHALL now proceed to shew the Inconveniences arising from wearing Flannel, which is neither necessary nor convenient but in Old-Age. For what Reason so many of late have harbour'd an Opinion of great Advantages accruing from this Custom I cannot imagine, but am well assured, that not one in three receive any Benefit from it; nor are there any Persons more prejudiced by it, than those to whom it is generally prescribed, such as weak, faint, and hectic People: And though some may pretend to receive Benefit from it, sure I am they are very few; and I am pretty confident those few ascribe that to Flannel, which was owing to some other Cause of which they are ignorant, and that would have performed the Cure more speedily, had the Patient never used Flannel.

PERSONS of a strong Constitution, who eat and drink heartily, and do not use Exercise sufficient to carry off the Remains of a full and nourishing Diet; they likewise who are afflicted with *Pains in the Joints, Catarrhs, Defluxions*, and such other Distempers as are owing to a *Plethora*, may possibly reap some Benefit from wearing Flannel; and yet by too long Use thereof it will so much relax the Tone of the Fibres of the Skin, as to prevent that Perspiration which was at first promoted by it. For  
though

though the Quantity of perspirable Matter may be in Proportion to the Wideness of the Pores in the Skin, yet they are not the widest when the Skin is most relaxed. However, it is necessary the Skin should be considerably relaxed, that the Pores may be extended to their greatest Diameter.

THE certain and constant Effect of wearing Flannel is to increase Perspiration; which though it may produce many and great Advantages when used with Moderation, yet nothing is more dangerous and hurtful when used to Excess. What other Effects are occasion'd by it, as they are uncertain, so they should be deem'd only the Consequences of this. Now as the increasing one Sort of Evacuation is the lessening of another, so whenever we observe too much is thrown off from the Blood by Spittle, Urine, or Stool, it may then be adviseable to wear Flannel. There are likewise some other Cases, in which only we can expect Advantage from the Use of it: Thus when we find from these following Symptoms, Decay of Appetite, wilful Laziness, sudden Loss of Strength, Stupidity, Inclination to Sleep, Want of Stools, &c. that a Fever is threaten'd, nothing certainly will contribute more towards the Prevention of it, than causing a free Perspiration; and here Flannel might prove highly necessary, though seldom or never order'd. But to shew how detrimental it is to those who perspire

spire too much, as most weak People do, and to whom it is generally prescribed, I shall quote the following Paragraphs from Dr. *Wainwright*.

“ A CONSUMPTIVE Gentlewoman in *Shelfield* (says he) by the Advice of a Physician, putting on a Flannel Shift, though she was able very well to walk about the House, in two Days time was confined to her Bed, from whence she never rose, without any other evident Cause than wearing Flannel.”

“ I was persuaded (says the same Author) to wear Flannel next my Skin above ten Years ago, for a severe Cough that I had got; by which I think I received some Benefit, but after I had worn it a Year or two, I found it very troublesome and prejudicial to my Health. It made me so exceeding tender, that I was not able to bear the least Cold; and I found by the Experiment of leaving it off, how much it disposed me to Faintness, which I mightily suspected before, and therefore I attempted several times in vain to get quit of it, but could not without some Inconveniency, greater than I was willing to bear, till about two Years since, in a hot Season, going into a Cold Bath, I left it off without any Damage.”

If what has been before said should carry Weight enough to persuade any Person to leave off the Use of Flannel, I would desire them  
to



to do it in warm Weather, and therein to follow my Author's Method, at the same to go into a Cold Bath, or to use the *Flesh-Brush*, which would prevent all bad Consequences that might otherwise attend it.

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C H A P. VII.

*Of the AIR, its Qualities, and such as is most healthy.*

**T**HIS Element is one of the Six *Non-Naturals*, a subtil *Fluid*, composed of various Particles floating in a proper Medium. It is what we constantly breathe and are environ'd with, and must necessarily impart its good or bad Influences; and is also of so great Importance to the Animal Creation, that neither Mankind nor any other individual Being can live many Moments without it, as is evident from Experiments of their sudden Death in the *exhausted Receiver*: For as soon as the Blood ceaseth to circulate every Animal dies, and it cannot circulate through the Body unless it pass the Lungs, which it cannot do so long as they are unblown up by the Air; and for this Reason the Wisdom of Providence has taken care to make it more pure, in dispersing the

the pernicious Vapours contain'd in it by the Winds, which cause a Sort of Fermentation, and to precipitate its saline Particles by gentle Showers of Rain, that it may be more properly adapted to promote Perspiration and Respiration, to preserve Health, and to perform all the other Offices for which it was originally design'd.

*The GRAVITY and SPRING of the AIR.*

THE two most remarkable Qualities in this Element are its Weight and Elasticity: The former Property is increased by Cold, and the latter by Heat. By these Powers it is able to dilate the Vesicles of the Lungs, and puff up the little Air-Bladders, whereby the Sides of the Blood-Vessels are extended, and Room made for the Passage of the Blood through the Lungs, which upon their sinking is compressed and broken into small Globules, driven into the Left Ventricle, and from thence sent into the whole Body. If Respiration is regular, the Blood is received and returned: It is prepared to enter the minutest Vessels, and by this Operation it is we continue to live.

PURE AIR.

A PURE Air is neither too much rarified nor condensed, but such as will make its Way into all the hidden Recesses of our Bodies, that by their Motion the Fluids and Solids may be separated into minute Particles, and be thereby  
prepared

prepared to pass through the several Strainers placed therein to receive them; and therefore is simply necessary to support Life. It also conduces greatly to the giving a due Elasticity to our Fibres, by which Power the Fluids are regularly returned. In short, this is the Air we should chuse to reside in, if we desire to continue in perfect Health, and to prolong Life.

BUT as such an Air as this we have been describing is scarce any where to be found, and it is hardly possible to secure ourselves during Life from Sickness, unless we endeavour to guard against the Inclemencies of the Air by some of the *Non-Naturals*; we should recompense the Damage received from the bad Properties of it by a suitable Regimen. Most Countries have some Qualities injurious to Health: Some are too hot, others too cold; some are marshy, others mountainous; and every different Situation gives Birth to some Inconvenience, which, if not palliated by the rest of the *Non-Naturals*, must necessarily bring upon us some Disorders; which when, notwithstanding all our Precautions, we find do increase, we should then remove our Situation into some Climate of a different and even contrary Nature.

#### MOIST AIR.

IN *Lincolnshire, Cambridgeshire, Lancashire,*  
and the *Hundreds of Essex*, which are moist,  
I flat,



flat, and watry Counties, the Air is moist and impregnated with Steams, which vary according to the different Nature of the Minerals that lie under them. These Vapours weaken its *Elasticity*, from whence it follows that the Fibres of the Body are relaxed thereby, and the Pores of the Skin obstructed. Besides, Moisture is the Menstruum for Salts of all Sorts, and Salts dissolve Sulphurs, so that both saline and sulphureous Particles may abound in this Air. From such a Depravity of it what Mischiefs may we not expect? Nevertheless, as these Counties are well stock'd with Inhabitants, whom Fate or Necessity has obliged to reside there, they should use all possible Means to carry off the Moisture from their Houses: They must drain the Ditches contiguous thereto, and lay them open by cutting down the Woods or Coppices adjacent; keep good Fires, and have their Habitations well air'd. They should likewise use frequent and strong Exercise to promote sensible Perspiration, to exhale all gross Superfluities retain'd by the Stoppage thereof: And here the Use of the *Flesh-Brush* would prove of great Service. They must also habituate themselves to less Sleep than other People, to drink spirituous Liquors moderately, and to eat Things naturally warm. But for such Persons as have no Call to reside in these dangerous Climates, let them depart with speed, if they would avoid Fluxes, Quinsseys, Pleurifies,

fies, Fevers, Agues, Consumptions, and other violent and almost incurable Diseases.

### DRY AIR.

MANY salt Particles undiluted are contain'd in a dry Air, which Salts are swallow'd down and even enter our Pores, and often occasion Dysenteries and Consumptions: Nor do they enter the Blood only, but also cause immoderate Perspiration, exhale the watry Parts, and leave the Salts in Clusters within our Bodies; which are apt to fret the Fibres into Ulcers, Inflammations, and such-like Disorders. Now though we seldom have a long dry Season in *England*, and whenever it so happens it is universally agreed to be healthful; yet it may not be improper to consider how to prevent excessive Perspiration, and to remove the Abundance of Salts by the other Non-Naturals. In this Case then we should be careful to eat and drink such Things as are not apt to perspire easily, and that contain the least Quantity of Salt, particularly Spinage, Lettuce, Melons, Cucumbers, and such Things as are of a cooling Nature; also Milk Diet, Water, Water-Gruel, and Panado's should be used freely. We should wear thin Cloaths, indulge with Sleep, use little Exercise, and live sparingly. Now as *Asthma's* and *Catarrhs* are caused by the Retention of too much Moisture, those who are afflicted herewith ought to retire to Places where the Air and Soil are both dry: Nor is a dry

I 2 Season,

Season, especially so temperate as it generally is in *England*, less beneficial in preventing *Agues*, and the whole Train of feverish Distempers. Rheumatic Pains, which are hatch'd and nursed up in moist Air, we find by common Experience are readily cured by removing the Patients to a dry Habitation: And indeed all People, when a due Perspiration is wanting, should immediately retire to a dry Soil, where the noxious Vapours exhaled from the Earth into the Atmosphere are as small as possible.

### H O T A I R.

HEAT has a Power of rarifying the Air, and increases its Elasticity, puts in Motion the Humours of our Bodies, and if moderate relaxes our solid Parts, which is evident from the swelling and softening of our Skin and Veins when we are well warm'd by the Fire; but if the Heat be excessive, it will contract as much as Cold. A little Heat, which serves only to drive the Moisture out of a *Fiddle-string*, relaxes it, though when greater and more intense it will shrivel it on a Heap. The Effect of this Rarefaction of the Air is very considerable on the Human Body; for *Sanctorius* observes, that we do not only perspire more in Summer than Winter, but sometimes more than is consistent with Health and Strength, especially if of a weak and lax Constitution. Therefore such People should make use of a *Brush*, the *Cold Bath*,



## of preserving HEALTH. 173

*Bath*, and moderate *Exercise* in the Morning and Evening.

BUT there are certain Distempers which are much eased and abated by removing into hot Countries: *Cachectic* Persons of phlegmatic Constitutions are relieved hereby. The *Anasarca*, when all other Remedies have proved ineffectual, has been much abated by the Patient's being buried up to the Neck in warm Sand. The *Hydrocephalus* is greatly relieved by a moderate Heat: This Warmth exhales the Serum which abounds in the Fibres, and makes the Fomentations more efficacious. The *Head ach* which proceeds from a cold Cause, if render'd habitual, will be best cured by removing into a warmer Climate. The Cause of this Distemper is a Grossness of Blood, which proceeds from the Obstruction of Perspiration; and till the Cause is removed, and the Blood rarified, the Distemper will continue. The *Palsy* also is much easier cured in Summer than Winter. The *Bath Water*, by its Heat only, thins the Fluids, puts them in Motion, and cures this Distemper, if it proceeds from Cold and viscid Blood; though Palsies which are produced by a genuine rheumatic Blood will not be removed by this Method, which moreover may occasion a Phrenzy. In brief, wherever Rarefaction is wanted, advise your Patients to go into warm or hot Air.

## C O L D A I R.

As Cold increafes the Weight of Air, fo it leffens the Spring of it; whence it comes to pafs, that our Blood is thick and viscid in Winter, and lefs able to throw off the Effluvia by the Pores, whence *Pleurifies, Asthmas, Coughs, Inflammations of the Lungs*, and all other Winter Difeaſes are produced. For want of due Perſpiration the Blood is fill'd with noxious Particles, which ought to have evaporated into Air, which cauſe it to thicken and ſtagnate, and bring on inflammatory Diſorders. Here we ſhould keep ourſelves warm, eat heartily, and drink generous Liquors, uſe ſtrong Exerciſe, and ſit up late, becauſe, as *Sanctorius* obſerves, Watching moves the Blood from the Centre to the extreme Parts of the Body, and increaſes Perſpiration. But however, cold Air is of great Service in many Diſeaſes. Mad People are always kept cool, and can endure Cold and Hardſhips with Eaſe, which abates the Fury of their Spirits. Cold Air is good againſt ſpitting of Blood, as it closes the Veſſels, occasions the Blood to cake upon the Orifices, and heals them. It is alſo remarkably uſeful in Heſtic Fevers, inſomuch that we may frequently obſerve the Country Air, which is cool and freſh, to be an immediate Remedy for Heſtic Citizens: Whenever therefore you find the Blood and Juices too thin or bilious, adviſe your Patient to go into the Country Air.

A I R

AIR too LIGHT, and too HEAVY.

DR. *Halley* observes, that the Air is heavier a great deal at one time than another; and the Reason of this Difference he ascribes to an Accumulation or Evacuation, to heavier or lighter Vapours floating in it. Air too heavy makes the Blood viscid, and causes all cold Distempers: Also any Person whose Blood is thin, and whose Lungs are tender, may get a Spitting of Blood by going up to the Top of a high Mountain, where the Air is too thin. From what has been said it follows, that Air either too *dense* or *rare*, as it is unfit for Respiration, so must necessarily be unhealthful; and consequently the highest Hills are unwholesome, as well as the lowest Valleys. The Column of Air on high Mountains is much shorter, and therefore much lighter, than that of the Plains. Captain *Halley's* Experiments on *Snowden-Hill* prove, That the Mercury settles an Inch for every three hundred and ten Yards of Height; and at the Top of the Hill, which was twelve hundred and forty Yards high, the Mercury would settle four Inches; so that the Column of Air in such a Height, and of an Inch Diameter, would be lighter by twenty-one Ounces, six Drams, and two Scruples. From hence it would follow, that the Blood having such a Load taken from it, would swell and stretch the Vessels, and at the least occasion a Shortness of Breath. If bottled Liquor likewise was carried to that

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Height,



Height, the same Dilatation would happen; for the Air contained in the Liquor would rarify as much as the Air without, and burst the Bottles. However, we must remark, that they who live in light Air are for the most part People of more quick and bright Parts, their Blood and Spirits are of a loose Texture, their Vessels are enlarged, and the Brain is regularly served with every thing necessary to make it perform its Functions well and to Perfection.

*Of COLD succeeding HEAT.*

WHEN Rain and cold Weather succeed dry and hot, then People of weak Constitutions are wont to fall ill of Pleurisies, Fluxes, Fevers, Coughs, and Rheumatisms, because the Air is changed from a rarified to a condensed Medium; and to such sudden Changes all Islands are subject, and consequently the Blood and Fibres must suffer in Proportion; for both Cold and Moisture stop up the Pores, and bring upon us all Diseases, which a Repletion of salt, sulphureous, and watry Humours are capable of producing; and *Bellini* assures us, that all our perspirable Matter is of this pernicious Sort. Thus Agues and intermitting Fevers are more frequent in Autumn than at any other Season of the Year, when warm Days are succeeded by cold Nights; for the Heat of the Day, the Laxity of the Solids, and the Tenacity of the Blood, all join to obstruct that Perspiration by which the offending Matter should be carried off

off through the Pores of the Skin in our Sleep, which is the Time in which we ought to perspire the most. From these Causes the Blood is coagulated in the smaller Vessels of the *Pulmonary Artery*, and often in the *Pleura*, whence proceed Inflammations, Pleurisy, and Peripneumony, Pain in the Breast and Side, Cough, Difficulty of Breathing, and Fever.

### P U T R I F I E D A I R.

WHEN the Air has been calm a long time, and not sufficiently purged from its aqueous, saline, and sulphureous Particles by Winds, and sufficiently wash'd by Rain, it contracts a moist Mustiness, which infects the Beds and other Furniture of uninhabited Houses, if Care is not taken to air the Rooms by Fires, or by often setting open the Windows, with a putrid Smell. It is altogether as wholesome to lie in a Vault from whence the Bones of the Dead have been taken out, as to sleep in such Apartments, or to lie in such Beds. Caves, Dungeons, and all Places surrounded on every Side with Hills, so as to allow no Outlet to the Air to blow horizontally, must necessarily abound with the like malignant Quality. From such putrid Air all epidemical Distempers first arise; and Seats moated round are often infested with it. Modern Philosophers are of Opinion, that the Earth contracts Acids and Water and makes Salt; and when this attractive Quality grows weak and feeble, then the acid Spirit is either alter'd

or lost, and causes Putrefaction in the Air; and if the Air of a whole Country is universally infected, it brings on pestilential Distempers. Now as excessive Heats destroy this acid Spirit, they also contribute in a high Degree towards promoting the same bad Effects. The Reason why some few escape these epidemical Distempers is, because their Blood contains Particles of such a Nature as to blunt those Salts, or to stop their Fermentation, which they breathe and swallow down in their Spittle.

*The AIR of HIGH SEATS, of those situated on a SLOPE, among WOODS, and on ROCKY PLACES, or near LAKES.*

HAVING gone through most of the particular Qualities of the Air, I shall proceed to point out the best Situation for Gentlemens Seats, by laying before you the different Conditions of the Air in certain Places, that you may judge rightly where to fix your Residence. Seats placed moderately high have a dry, pure, and thin Air: The Dryness is occasion'd by the Moisture and Rains being speedily carried off; the Purity from their being exposed to Winds which purge the circumambient Air; and the Thinness depends upon their Height. Such a Situation therefore must be healthful, because the Blood here will be gently rarified, and kept in due Order: But when Houses are built on the Slopes of Hills or Mountains, they will have too much or too little Sun; if there  
are



are Mountains on the South and East Sides, they can receive but very little if any Benefit from the Sun, which will make them foggy and unwholsome; if the Hills lie East and North, the Heat will beat down upon them, so as to exhale vast Quantities of Moisture, and make them too wet. The Air among Woods is the most unwholsome of any to live in, for it corrupts our Juices, and obstructs Perspiration, abounding with sulphureous or saline Effluvia, according to the Nature of the Trees which are planted in them. It would therefore be advisable for those Gentlemen who take Pleasure in Planting, to consider at what Distance from their Houses they should make such Plantations, and likewise what Kind of Trees they plant. I am of Opinion, that Pines, Firs, and all the warmer Sort, are the most proper for this Climate, because they will in some measure correct the Coldness of our Air in Winter; though neither these nor any other Kind should be planted too near your Dwelling-Houses, where the Air should be preserved in its greatest Purity, and all Impediments removed as far as possible. Neither are rocky Places convenient to build Houses upon, notwithstanding their durable Foundations; for such Situations will be excessive hot in Summer, and piercing cold in Winter; and we should be careful to guard against all Extremes, as I have already shewn what various Diseases such Excesses bring upon human Bodies. But above  
all

all we should avoid living near Lakes, which, besides their too great Moisture, convey to us a noxious Air. This Situation harbours nothing but Diseases.

*The AIR of CHAMPAIN COUNTRIES.*

THESE Places are generally reckon'd wholesome, and the more so where the Soil consists of Sand or Gravel, which sucks up all the superfluous Moisture; so that if there are any neighbouring Hills, we must take care to carry off all their descending Rains or Moisture by artificial Drains; for those Places where the Wells are deepest are most healthy, and such Plains are the best Situations, and may easily be brought to all the Purity imaginable.

*The AIR of CITIES and CAMPS.*

THERE is no Constitution which will not feel Disorder from some Smell or other; and what strong Smells may do immediately, a faint one may perform by Degrees. And though Custom may abate the Sense of it, as in *Druggists, Tanners, Tallow chandlers, Snuff makers, &c.* yet will it at length operate effectually, and occasion a Change in the Constitution, either for the better or the worse, according to the different Materials it has to work upon; and it is from these offensive Smells, among other Things, that Distempers are more frequent and dangerous in Cities than the Country; and the Mortality which often happens in Camps is  
owing

owing to the same Cause. This is evident from the Caution given to the Jews, *Deut. xxiii. 12, 13. Thou shalt have a Place also without the Camp, whither thou shalt go forth abroad, and thou shalt have a Paddle upon thy Weapon; and it shall be when thou wilt ease thyself abroad, thou shalt dig therewith, and shalt turn the Back, and cover that which cometh from thee.* It would have been impossible for that vast Army to have subsisted so long, without all that Caution we read of in History, during their journeying from *Egypt* to the *Holy Land*. *Dysenteries* and *Malignant Fevers* are the Distempers which rage most in *Camps*; and though they may be produced by other Causes, yet nothing contributes more to the Production of such Diseases than the *infected Air* they breathe in, occasion'd by that Filth which must attend those Places, especially in *Sieges*, where the corrupted Particles of the dead Bodies of Men and Beasts fill the Air with nauseous Stench. This, added to the Vapours that are raised into the Air from the living Bodies of Men and other Animals by Perspiration, must so load the Air as greatly to increase its *Gravity*, and the Heat of the Camp will also weaken its *Elasticity*; both which Causes will render it unfit for Respiration, and thereby the Blood will be *unbroken* in the *Lungs*, and dispose the Body to such Distempers as proceed from viscid Blood, which are those above-mention'd.



*Of the SEA-AIR, and why some People are*  
WEATHER-WISE.

THE Air upon the Sea is salt and moist, and brings Distempers upon Seamen, which we on the Land know little more of than the Name. Their salt Diet, together with the Cold they are exposed to, contribute their Share; but it is the *Air* they breathe, and which mixes with every thing they eat or drink, that is the principal Cause of all their Disorders. The Salt in the Air, and also in their Meat, shrinks up the Fibres of their Guts, and makes them generally very costive, insomuch as to require a double Quantity of Physic to purge them. The Scurvy is that Distemper they dread most, and which few of them escape. *England* is not the more healthy for being an Island, since from hence we are subject to that vast Variety of Weather, for which this Kingdom is so remarkable. This Change of Weather from Hot to Cold, Rain or great Winds, has a wonderful Effect upon *Vegetables*, and *fermenting Liquors*, as well as Animals, which every body conversant with them may observe. Now all these Changes are brought about by altering either the Gravity or Spring of the Air; and it is for this Reason some People by their Pains can foretel any considerable Change of the Seasons; their Blood being more rarified against wet Weather or high Winds, will more forcibly  
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press the sensible Membranes, and cause *Pains* they were free from before.

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C H A P. VIII.

*Of the PASSIONS, their several Combinations, and Effects upon the Human Constitution.*

PASSION is a periodical Fit of Madness, wherein the Spirits are hurried on with greater Fury than can be readily curb'd, and which by Custom becomes habitual, requiring the Hand of Providence in a high Degree, to deliver us from its Tyranny. Nothing can be a stronger Argument of the Omnipresence of the Deity, than a positive and absolute Denial of our Pleasures, and the renouncing of our Lusts: This also demonstrates some Divine Gift, and argues a Soul. The Brute Creation can *will*, and execute such Things as please them, or are agreeable to their Natures: But Man, instructed by the Law of his Maker, though his Appetite is strong, can refuse to gratify it; and this Refusal we call *Virtue*.

THE Divines tell us, that the Will is a blind Power, consequent of the Understanding, as that is of the Impressions made upon our Senses.

If

If then this intervening Power, which they situate between our Will and our Senses, should happen to suffer by the ill State of our *Solids* and *Fluids*, it could neither be capable of receiving proper Impressions, nor communicate the just Resemblances of them to the *Will*; in which Case we should certainly deviate into grievous and deplorable Errors, if the Grace of the Almighty, and his wise Precepts delivered down to us, did not prevent it: Nor is it possible for any Mortal to merit this great Benefit, if his Intellects are totally impair'd.

ALL we *will*, all we *do*, is under the Colour of Good: How careful, therefore, ought we to be in regulating our Senses, that they may retain a true Notion of what is really good, and of what is not, and to secure them from being imposed upon by false Glosses or Misrepresentations. Much Time and Learning has been employ'd since the Appearance of our *Saviour* in the World, to inform our Judgments, and regulate our Understandings in this Point; but we still find by woful Experience that our Passions are made subservient to our Reason, that neither Examples of succeeding Misery, nor the sure and certain Hopes of future Happiness, are of Force enough to defend us against many Temptations. How miserable would Mankind be, were they placed in the State of their first Father *Adam*, and to have been driven out of Paradise for the first Offence! Thanks to Heaven, we have new Laws, new Promises,  
and



and powerful Remedies prescribed, which if properly applied might curb the irregular Sal-  
lies of our Passions, and keep them under due  
Subjection.

*Of what Use* PHYSICIANS *are in regulating the*  
PASSIONS.

THEIR principal Business is to advise their Patients to avoid and master them, and, as they are the Cause of many Diseases, to shew them in what Manner they affect the Human Body. We have numerous Instances of Persons exceeding hasty and passionate, who have been reduced to Meekness and good Temper by the Power of sound Reasoning only: And as our Passions may be subdued, if we set about it in time, and take proper Methods for that good Purpose, ought we not to use our utmost Efforts to perfect this great Work, whence so many Benefits will accrue? The Welfare of our Family, the Enjoyment of Health, the Ease of our Minds, and our future Happiness, all depend upon du'y regulating our Passions.

SECONDLY: Where Passions arise from natural Inclinations, or from the Redundance of Humours in the Body cause Emotions in the Brain, the Use of Physic is altogether necessary to change the Juices by proper Evacu-  
tions. Thus increasing Perspiration, or other equivalent Secretion, will often remove excessive Melancholy; and perhaps heating Diet may make the Spirits more brisk and lively,  
and

and be aiding to drive away those dismal Representations which proceed from immoderate Grief and Despair. But indeed a nervous Disorder, produced by the Hurry of the Spirits, is very difficult to be cured: And *Sanctorius* observes, “ That Perspiration is harder to be  
 “ reduced to its natural State when augmented  
 “ by the Passions of the Mind, than if it had  
 “ been increased by Exercise;” though a sanguineous Irritation, be it ever so violent, may easily be conquer’d.

*The UNION between the SOUL and BODY not to be accounted for.*

THOUGH it is evident that the Body and Soul have their reciprocal Operations one upon another; that the Blood will occasion Madness, and that a violent Agitation of the Spirits will bring *Fluxes* and *Diarrhæas* upon some Persons; and though this mutual Agreement is visible in every Instance of Life, yet no Man has hitherto been able to explain the Manner of their Connexion. With what consummate Assurance then do we pretend to determine on more incomprehensible Subjects, before we get over this Difficulty?

WE are apt to speak with a Shew of Certainty concerning all the Ordinances of the Deity, and yet do not understand the true Nature of our own Bodies. The utmost we can arrive at is to ascertain an Union between a material and immaterial Being, which no Man is so void  
 of

of Sense as to deny; but how this Being comes to be deprived of its Power of acting when the Brain is distemper'd, is beyond the Reach of our Capacities to demonstrate.

*The Effects of FEAR and SADNESS, and how the Nerves behave in those Cases.*

COME we now to take notice of the Effects which some of the most prevailing Passions have upon the Human System. Grief and Fear contract the Organs of the Brain, in the same Manner as Bathing does the Fibres; and could we allow of a retrograde Motion of the Spirits, we might be inclined to think they return'd back to the Brain as a Place of Safety: However, it may be said, that the Nerves in fearful Persons have an anti-peristaltic Motion, and that the Spirits are hinder'd and stopp'd in their natural Functions; and this seems to be the true State of Nature under Fear, because all the Consequences follow from it. For why does the Blood run more largely and sluggishly through the Vessels, but because the Nerves are shut up, and will not admit a free Passage for the Spirits to fly to the Heart, which being deprived of their Assistance cannot contract and dilate as it should do? Why do we sigh in Sadness? Because the Blood stagnates for a time in the Lungs, which they at length are made sensible of, and irritated to shake off the Weight that oppresses them by long Inspiration, to which a strong Expiration succeeds. Why do  
we



we turn pale and tremble? Because all the Blood does not reach the extreme Parts, for want of Spirits to drive it forward. Why do our Tongues fail us? Because the Muscles are deprived of Spirits to give it Motion. Loss of Appetite, bad Constitutions, Palsies, Scurvy, Vapours, &c. are all occasion'd by the Want of a proper Supply of Spirits, which are so necessary to every Action of Life, that all its Functions must of course be very ill perform'd when they are wanting. *Terror* is only the highest Degree of Fear; and alas, how shocking and dismal are the Consequences of this Passion! It prevents all Evacuations of the Blood immediately; it will remove convulsive Coughs, and strike Persons dead in a Moment: Nay, we have Instances where great and sudden Frights have kill'd Patients in a few Hours. In these Cases we may venture to affirm, that the Spirits are refused a free Passage from the Brain to the other Parts of the Body, and that this Obstruction is universal, whereby the Body grows cold in an Instant, and becomes a lifeless Carcase.

#### ANGER, and its Effects.

HAVING endeavour'd to shew that *Fear* depends upon a *Contraction* of the Fibres of the Brain, it is altogether as reasonable to conclude, that *Anger* produces all its Train of ill Consequences by *dilating* those Passages; which is evident from Persons subject to this Passion being  
capable

capable of bearing Fatigue: For here the Animal Spirits flow briskly into and actuate the Fibres without any manner of Interruption, by which constant Supply they are kept in a due Degree of Tension. It is from this Cause that Anger occasions the Flux in some People, Convulsions, Epilepsies, Palpitation of the Heart and Fevers in others; because the Spirits then flow with extraordinary Impetuosity into all the Nerves, by which means they are made wider, and blown up as it were, and thereby the Blood and Vessels are put into Disorder and Confusion: For Anger is a dangerous Enemy, which we should be as careful to avoid as we would a Lion or a Tyger; it is the Comparative Degree of Madness, and fit only to dwell in *Moorfields*.

*Of* CHEARFULNESS.

Joy and Chearfulness promote Perspiration, by exciting the Motion of our Fluids; they give a free Admission to our Spirits, and enervate the whole System of the Fibres; they thin the Juices, and cause all our Secretions which depend upon a regular Circulation of the Blood to be justly perform'd. Hence nothing is retain'd which can infect the Mass of Humours, nothing thrown off but what ought to be parted with. Nevertheless, as all Passions when carried to Excess are dangerous and hurtful, so immoderate Joy exhausts our Spirits, and has sometimes proved the Occasion of immediate Death. We have seen Instances where too plentiful

plentiful a Flow of Spirits have proved fatal in convulsive Cases ; and the chief Design in prescribing hysteric Cordials is to prevent the ill Consequences of such Excursions. Epileptic Patients fall into Melancholy, Palsies, and other phlegmatic Diseases ; on the Expiration of their Fits they complain of Soreness and Pain, and are very feeble, which plainly shews that a violent Excursion of our Spirits is very hurtful : And all other Passions have in some Degree or other the like Effects upon our Spirits and Juices.

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## C H A P. IX.

### *Of DISEASES peculiar to the different Classes of TRADESMEN.*

**U**NDER this Article we shall consider the different Ways of Living to which Mankind are naturally reduced in order to support themselves, or to become useful to the Community : And as every Branch of Trade, every Calling and Employment in this Life, carries its Disease with it, we shall here descend to those Particulars.

THEY who work under-ground in Coal-Pits, Mines, &c. are commonly costive, and look pale ; they have also swell'd Legs, and take  
their



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their Breath with great Difficulty. They ought therefore to use all possible Means to give free Vent to the Air above, that it may be rarified, and to feed much upon Milk, fat Broths, and the like.

TIN-MEN and Copper-smiths are much afflicted with Coughs and Asthmas; and to prevent these Disorders incident to their Professions, they ought to feed much upon Grain, such as Wheat, Rice, &c. and keep regularly to smooth and soft Diets, as Milk, Butter, &c.

THE Distempers to which Gilders are most subject are Palsies, Asthmas, Dizziness, and Scurvies, which proceed from the subtil Particles of Mercury imbibed by those who work at this Business. They therefore should keep themselves warm, and often take Physic, since Fire exhales the Mercury, and Physic carries it off.

CHYMISTS are most liable to Consumptions; the noxious Steams corrode the Fibres of their Lungs, and occasion Ulcers and Imposthumes on those Parts; and as these pernicious Vapours abound with Acids, they should use Alcalines, either volatile or fix'd.

SUCH as work among Glass labour under Pleurifies and chronic Coughs; they should therefore take volatile Salts often, which will prevent the Blood from congealing, and remove the Cause of these Diseases.

POTTERS are troubled with Cachexies, Lethargies, and Palsies, and for that Reason should use

use Medicines prepared with Steel, or Mercurial Purges.

PAINTERS are subject to many Maladies, such as the Loss of Smelling, Melancholy, black Teeth, Cachexies, Trembling of the Joints, &c. Here volatile Spirits are very beneficial, as they will hinder the Minerals taken in at the Mouth from becoming corrosive.

BLEAR Eyes are common in Blacksmiths, who are likewise affected with Costiveness and Inflammations; wherefore they ought to use a Milk Diet, and for Suppers eat Barley-Gruel with Raisins and Currants, both by way of Prevention and Cure for these Diseases.

TALLOW-CHANDLERS, Oil-Men, Tanners, Fullers, and Cheefemongers may be all rank'd under the same Head. They are often subject to Giddiness, Loss of Appetite, Pale Complexions, and Head-Aches, which are produced by the Smells attending their several Trades; for the Cure of which, Vinegar, Emetics, and Cathartics are very proper; because the Steams being mix'd with their *Saliva*, and taken down into the Stomach, they there mingle with their Food, and oppress the Juices with pernicious oily Particles, which are to be corrected by Acids.

THE Heads and Stomachs of Tobacconists are often injured, for which Reason Vomits are beneficial; for the Effluvia of Tobacco contain a strong sulphureous Salt: Thus they that chew it ought to take some gentle Acid to mix with  
it,

it, which would prevent the ill Consequences attending.

GRAVE-DIGGERS and Bearers of Corps are much liable to Catarrhs, Dropsies, Suffocations, and malignant Fevers; they should often take Physic to carry off the noxious Particles swallow'd down, and four Things to correct their putrid Qualities.

NURSES are subject to Dizziness, Head-Ach, and Hysterics, to the curdling of the Milk in their Breasts, and Difficulty of Breathing; in short, their Illnesses are so many and various, that it is altogether impossible to determine without seeing and examining the Patient: However, we have one constant Symptom, which is Exhaustion; we would therefore advise them to eat and drink well and plentifully, to procure proper Juices to feed the Infant.

EVEN those Brewers and Vintners who do not indulge in the Liquors they vend are very apt to grow lethargic, giddy, dejected, and to lose their Stomachs, for the following Reason: The Steams which arise from their fermenting Liquors are acid and sulphureous, and as they enter the Pores, they disorder the Blood and Juices, put them into Motion, and cause the Head-Ach, from a Fulness of the Vessels occasioned by them. Wherefore Sours are most adviseable in this Case, such as are gentle the best; and Vinegar, Posca, and roasted Apples seem most proper to answer this End. Hence may be interr'd the Prescription of dulcified  
K Spirit



Spirit of Nitre, that so much fam'd Nostrum against Ebriety.

THE most usual Distemper in Bakers and Millers is the Asthma, and the Reason of this is evident; for the small Particles of the Flour enter and clog up the Passages of the Lungs, hinder the Secretion, and there tumefy and cause this Disease. This Cure is performed as before mentioned, only great Care must be taken to keep out these Atoms.

WE have often observed Stone-cutters to die of Asthmas, by the subtil Powder of the Stones being swallow'd and stopping the Passages, even though they guarded against this Enemy by turning their Backs to the Wind. These Asthmas are generally incurable, and the best Method to be by them practised is to take preventive Remedies.

BRICKLAYERS and Masons are inclinable to Consumptions, from the gnawing Quality of the Materials they use: They ought to drink Water often, and eat Almonds. Lime-makers are not only subject to Asthmas, but also to Costiveness and Pains in the Stomach; in all which Cases Oils and Milk-Meats are to be preferred.

HATCHELERS of Hemp labour under Coughs and sore Eyes; Silk-workers are subject to Consumptions. These Goods throw off subtil Atoms, which penetrate the inward Parts of our Bodies, and produce Inflammations and Irritations; therefore to prevent such Mischiefs they should

should habituate themselves to a Milk-Diet, and take smooth Vegetables to wrap up these acrimonious Salts, and stifle all their pernicious Effects.

WASHER-WOMEN and Laundresses being continually wet, bring on Suppressions of the Terms, Coughs, Cachexies, Fevers and Rheumatisms. Here Emetics and Cathartics are beneficial to carry off the Redundance of Humours contained in them by the Stoppage of the Pores. They should also endeavour to provoke Perspiration by Aperients.

SAILORS are much addicted to Costiveness and the Scurvy, occasion'd chiefly by the salt Meats which they are obliged to feed upon, and which enters into the Blood and infects it. To cure these Diseases they must drink Water with Acids.

FARMERS are afflicted with Colds, Cholicks, Quinsies and Defluxions, all which are produced by the Inclemencies of the Air, which obstruct the Pores, and occasion these Distempers.

THOSE who are obliged always to stand at their Business prejudice their Limbs, and bring Humours into them. Those who sit constantly grow pale and scabby. Runners, Jockies, and Riders are subject to Ruptures and Pains in the Back, Wrestlers to Swoonings, Watchmakers to Blindness, and Singers to Ruptures of the Vessels.

I SHALL conclude this Chapter with the Diseases of the Learned. These Gentlemen sit

much and study hard, and commonly grow cachectic or lethargic; which is not to be wonder'd at, since they waste their Spirits for the Good of their Fellow-Creatures.

FROM what has been said it is evident, that all procatartic Causes, whether necessary or not, are mutually concerned in bringing on Distempers; and that these Distempers may be much help'd, as to their Cures, by observing their productive Causes. Did we narrowly inspect into every particular Incident which preceded, strictly examine the Patients, and make ourselves Masters of the original efficient Causes, see what is doing within them, and judiciously compare every Circumstance, we could scarcely ever miss in the Consequences or Cure of the Disease.

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## C H A P. X.

APHORISMS of HEALTH, or *short Rules to keep the Body sound and vigorous to a good Old Age.*

1. **A**LWAYS rise from Table with an Appetite; never fast too long, nor do any thing contrary to the known Laws of Nature.

2. **T**HAT



2. THAT Person who over-loads his Stomach, either with Eatables or Drinkables, will certainly be sick for some time.

3. IF you are drowsy and dull after Eating, — it is a sure Sign you have eaten too much; for Providence has given us Provisions to strengthen and exhilarate the Body, and not to oppress it.

4. WHENEVER you observe the former Symptoms, consider seriously whether they proceed from too great a Quantity of Meat, or Drink, or both; then make Abatement by Degrees, till you find the ill Effects cease.

5. LET those likewise who have lived a luxurious Life, and indulged themselves in Excesses of almost every Kind, consider that it is not proper to leave them off all in an Instant, lest they put Nature in a Hurry. I remember the following Advice given to a Country-Gentleman who drank hard, by an eminent Quack in *Leicestershire*, upon his Reformation: Now, Sir, said he, *if you should chance to get drunk on a Monday Morning, take care not to be quite cool till the Saturday following. You must not surprise Nature, if you hope to continue here long; you have inured your Body to bear immoderate Heat by degrees, and you ought to abate it by the same Rule.*

6. Food which is the easiest digested, and affords proper Nourishment, is the best to forward a regular Perspiration.

7. THE sedentary Person, and they who lead a Life of Indolence, should not eat to Excess, or near so much as the active or working Artificer, &c. since Rest oppresses the Entrails, and that Load is taken off by Exercise and Labour.

8. VARIETY of Dishes is a suitable Entertainment for Grandeur and Epicures; though what agrees best with our Constitutions is best for our Health, let the Taste of others be ever so delicious to our Palates.

9. To promote Health, and to live long, and to preserve Vigour, endeavour by Observation to find out the due Quantity of Food your Body requires, and be careful not to exceed it.

10. THE most healthful Quantity of Food is such as, after Eating, will not hinder the Body from performing the same Labour or Exercise, and with the same Activity as it did before it was eaten.

11. THERE are three Evils attendant upon Variety of Meats, viz. Excess in Eating, Failure in Concoction and Perspiration.

12. IT

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12. IT is a vulgar Error to imagine, that —  
the more a Man eats, the stronger he is; for  
whoever eats more than Nature requires, re-  
ceives less Nourishment, and impairs his Strength  
thereby.

13. To eat immediately after intense Appli- —  
cation to Study, or after violent Exercise, is  
very prejudicial, for the Body when fatigued  
perspires with some Difficulty.

14. OLD and middle-aged Men can abstain  
from eating much longer, and with less Incon-  
venience, than young People and Children.

15. SOUPS, Panadoes, and good Broths are —  
best for Age, being easy of Digestion, and  
sometimes Eggs should be provided.

16. IT is more healthful for old People to —  
eat three or four times a Day, than to make  
one hearty Meal, which obstructs Perspiration.

17. LAXATIVE Stools shew Intemperance in  
Eating. Extravagant Meals hinder Perspira-  
tion, cause Gripings, and fill the Guts with  
Wind.

18. GROWING young People have much na- —  
tural Heat, and require a suitable Quantity of  
Food to nourish it, lest the Body should  
waste.

19. IF



19. IF we could provide against Crudities, we should fall into no Distempers.

20. THE more you feed foul Bodies, the more Damage you do them.

21. ROBUST Men, and such as are used to hard Labour, require much more Food than Women, or than the Weak, Indolent or Aged.

22. THEY who study much should not eat so much as those who are inured to hard Labour, because they cannot so well digest it.

23. WHEN you have by Experience found out what Quantity of Food is sufficient, neither exceed nor diminish it.

24. ALL manner of Excesses are to be avoided, not only in eating and drinking, but elsewhere; wherefore take care of the ill Consequences of excessive Heat or Cold, use no immoderate Exercise, keep no late Hours, guard against unwholesome Air, violent Winds, and above all curb your Passions.

25. THE Weak, the Sick, the Old and Infirm, require a Quantity of Food suitable to their different Tempers of Body.

26. AND so do those of different Constitutions: Thus the Phlegmatic Person requires much less than is sufficient for the Choleric.

27. As

27. As the Stomach is to digest the Victuals we eat, the Quantity, Quality, and Condition of them should be proportioned thereto.

28. IF you eat a proper Quantity, and such as is sufficient for Nature, the Stomach will readily concoct it, and dispose of it in such manner as shall afford due Nourishment to the whole Body.

29. HENCE it is evident that we may be indulged in eating more of some Dishes than others, because they are easier of Digestion.

30. HE who goes to Supper with a disorder'd Mind does not digest his Meat so well as he that is chearful and undisturbed.

31. HONEY is beneficial to a cold Constitution, because it affords Nourishment and causes Perspiration ; though very prejudicial to a hot Temper of Body, because it turns to Choler.

32. THERE are two Things destructive of Health, *viz.* to give up the Body entirely to Idleness, and to eat again before our last Meal is digested.

33. NOTHING hinders Perspiration more than to drink while the Chyle is preparing.

34. WHEN

34. WHEN much Drinking seems to bring Tears in the Eyes, it shews there is some Want of Perspiration.

35. THE best Liquor for studious People, and those of a weak Habit of Body, is Wine and Water, which helps Digestion, and causes Perspiration.

36. THE frequent Use of Drams, Cordials, and Spirituous Liquors, is very hurtful to those who have weak Nerves.

37. THICK Fogs hinder Perspiration; for which Reason those afflicted with Coughs, Catarrhs, or Peripneumonies, should keep at home in warm Rooms.

38. COLDS obstruct Perspiration, and are best cured by Diaphoretics.

39. HE that would live long, and preserve his Body in Health, his Mind vigorous, and contemplate the wonderful Works of Providence, should be extremely careful to subdue his Appetites.

40. RICH Sauces, and a Multitude of Dishes, destroy Numbers of People. They tempt the Appetite beyond what Nature requires; and as some Meats are harder of Digestion than others,  
they



they cause Crudities, and deprave our natural Faculties.

41. FREQUENT not public Feasts or rich Banquets; and avoid Gluttony, as a detestable Vice.

42. THE richest Food, when concocted, affords the most nauseous Smell, and the poor Labourer who fares hardly has the sweetest Body.

43. DRY and warm Victuals are to be preferred in Winter; that which is moist and cold is best in Summer. In Winter also eat more and drink less, and act contrariwise in Summer.

44. IF you eat too much at one Meal, abstain from the next, to get the Body in Order again.

45. WALK to create an Appetite, and ride after Dinner to strengthen the Limbs. Dull Sight and Squinting are helped by Shooting; Crookedness by Swinging.

46. As most Diseases derive their Original from Repletion, to eat moderately is the Way to escape them.

47. A TEMPERATE Diet guards the Body against all external Accidents, so that Heat,  
Cold,

## 204 *The best Method, &c.*

Cold, or Labour will not easily affect it; and the Wounds and Bruises of such Livers are soonest healed.

48. *Galen*, though of a weakly Constitution, by Temperance lived a hundred Years.

49. A SPARE Diet makes a Man die easy, keeps his Senses vigorous, and allays the Violence of his Passions and Affections.

50. IT preserves Memory, enlivens the Understanding, cools the Heat of Lust, and will lead a Man to the important Consideration of his latter End.

F I N I S.













